THE PSALMES

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The first Psalme,

For the obtaining remission of sinnes.

O LORD of Lords, GOD almightie, great and dreadful, which by thy word hast made heauen, earth, the sea, and all things contained in them.

Nothing is able to resist thy power, thy mercy is ouer all thy workes.

All things be vnder thy dominion and rule: both man and beast, and all liuing creatures.

Thou art mercifull to

whom thou wilt: and hast compassion on whome it pleaseth thée.

Thy counsell shall stand for euer: and whatsoeuer thou wilt shalbe done.

Power, dominion, and glory is thine: which art aboue all things, and in all things, and in vs all.

Thou art father of mercies, and God of all grace, peace, and comfort: which wilt not the death of a sinner, nor delightest in the damnation of soules.

O Lord God, which art rich in mercy, and of thine especial loue towards vs, euen when we were thine enemies by sinne, diddest send

send into the world, thine only begotten Sonne Iesus Christ: that whosoeuer beleeueth duly in him shall not perish, but haue euerlasting life.

Haue mercy vpõ me, haue mercy vpon me, according to thy great mercie. And according to ỹ multitude of thy great mercies put away mine offences.

O God most holy, wash mee from my wickednes, and make me cleane from mine vncleanenesse.

For I acknowledge (O Lord) my heynous sinnes: and accuse my self of mine vnrighteous deeds.

I confesse against my

selfe the wickednes of my heart, which hath bene euer vnfaithfull, and rebelling against thy precepts.

I haue beene an vntrue, and a frowarde childe to thee, and haue prouoked thee with my vanities.

O holy father, I haue offended thy diuine maiestie, and am not worthy to be called thy sonne.

Because I prouoked thee to anger through the multitude of my sinnes: and haue not exercised my self in thy righteous lawes.

I haue turned back from thy waies, and done euill before thee.

I haue done wickedly & vniustly

vniustly behaued my self, leauing thy commandements, and murmuring against thy corerction.

I haue turned my self away, and not kept my promise made to thée: I haue walked in an euill way after mine owne thoughts & fantasies, chæsingẏ things that thou wouldest not.

O Lord God almighty, I haue not feared thee, nor shewed due reuerence vnto thée: but I haue bin disobedient and stubburne vnto thée.

As a common harlot is without shame, euen so am I without shame of my sinnes: for behold, I

speake vnto thee, and yet I sinne more and more.

I haue left that which is good, and gone backe from thee: and I haue not put my trust and hope in thee, my maker, but haue sought for helpe and sauegard otherwise.

I haue plowed wickednesse, and reaped iniquity: and eaten the fruit of lies, because I haue trusted in mine owne way.

I haue cast thy lawes behind my backe, not regarding thy commaundements, nor leauing mine owne lewde customes.

I haue not giuen my hart to returne to thy pathes:

for

for I would not knowe thée, but haue fallen thorow mine iniquity.

I neuer vnto this day turned truely vnto thee with all my heart: but as a woman that breaketh her fidelity and promiſe vnto her huſband, euen ſo (O Lord God) I haue broken my promiſe vnto thée.

For I haue liued abominably, and haue had no remorſe nor repentance for my euill déedes, but haue runne from ſinne to ſinne, following the lewd deſires of my heart.

Thou knoweſt all things (O Lord) how I haue prouoked thee to diſpleaſure,

by

by my lewd inuentions: and none of all my sinnes be hid from thée.

I hated thy discipline & correction: & regarded not thy words and sayings.

I haue not done penance for my malice: but haue increased in much vanity.

My heart hath bin voyd of truth: and my handes haue wrought vnrighteousnes.

My tongue hath spoken sinfully: and I haue labored with the imagination of my heart to find out lies and deceits, and no trueth hath béene in my waies.

I haue accustomed my tongue to speake trifles & va-

vanities, fulfilling my fleshly deſires & thoughts, my purpoſes and inuentions haue bin contrarie to thy will, whereby I haue offended the eyes of thy Maieſtie.

Thou haſt ſeene al theſe things (O Lord) and haſt holden thy peace, and yet they were euil in thy ſight and diſpleaſed thee.

In thy anger thou haſt caſt me away, and art diuided from mee now many dayes.

Thou haſt giuen me vp to the deſires of my heart: to doe the things which be not ſeeming.

Woe I am that I haue

gone

gone from thée, great is my miſerie, that I haue led my life in ſinne.

Wo is me, that I haue forſaken thée to doe my deuiſes, not after thy mind, to accõpliſh my thoughts, which haue not proceéded of thy ſpirit, but haue heaped vp ſinne vpon ſinne.

Mine infamie & reproch is daily before mine eies: and for ſhame I dare not ſhew my face.

And now (O Lord God) why forgetteſt thou mée: why kéepeſt thou away ſo long thy mercy from me?

Here now my cauſe graciouſly, although thou haſt bene diſpleaſed with me a great

great while: for thou art mercifull: be not angry alway I beſeech thée.

Caſt not away a contrite and penitent perſon, a wretch, and an abiect, which humbly calleth vpon thy name.

Turne againe a little towarde mé (O Lord God,) and forgiue mee my miſchieuous déeds.

Order me not according to my ſinnes, nor punish me as my wickednesse deſerueth.

Shew not forth thy power againſt a poore wretch, perſecute him not ſo ſore, which is without all ſtrength.

Turne

Turne not thy face away from my prayers: but according to thy promises, take mee againe vnto thy fauour.

For I am thine (O righteous father) whom thine onely deare Sonne hath redeemed with his precious blood.

And now my soule abhorreth my olde conuersation, and of thee (which art Iudge of all men) I aske mercy.

I do submit my selfe vnder thy mighty hand: for after thine anger thou shewest mercy, and in the time of tribulation thou dooest forgiue sinnes.

I

I acknowledge that I am a ſinner, beſeeching thee (Lord God Almightie,) of thy goodnes to doe with mee according to thy great mercy.

I am confounded, and aſhamed to lift vp mine eyes vnto thee, for my ſins are aſcended vp into thy ſight.

Againſt thee (O father) againſt thee haue I ſinned, and done euill before thee, thou ſeeſt that mine iniquity is great.

Truely I haue beene an offender againſt thee, euen from my cradle, and ſince I ſuckt my mothers breaſtes. I haue not ceaſed

fed to doe euill.

Behold, I was begotten in iniquity: and my mother brought me into this world defiled with sinne.

For the corne of an euell seede is sowne in my hart, and how much wickednes hath sprung thereof vnto this day, thou knowest, O Lord.

I cannot shake off my sinnes and offences, but I carry still with me the infamy of my youth.

Behold Lord, I am solde vnder sin, & in my flesh I find not ỳ which is good. For the good that I would that doe I not, but the euil that I hate, that I doe.

All

All the thoughts and imaginations of my heart, haue beene set to doe euil, euer since I was yong.

O why doo I die in my sinnes Lord God: seeing thy will is not that a sinner die, but returne from his sinnes, and liue?

For thou art good and mercifull, and according to thy great mercy sauest them that be vnworthy.

For albeit no man is able to beare thy punishment, which thou doest threaten against sinners, yet thy mercy which thou hast promised is great and vnsearchable.

Thou hast shewed mer-

cy

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Thou hast shewed mer-

cy

ty a thousand times heuer
to fore: to make thy name
glorious, as it is euen yet
still.

The old fathers in their
necessities cried vnto thee
and thou diddest deliuer
them: they put their trust
in thee, and they were not
confounded.

When they were at their
wittes end, and wist not
what to do: this was their
onely refuge, to lift vp
their eies to thee.

Thou diddest saue them for
thy name sake, to shew in
thē thy might & strength.

Many a time they prouo-
ked thee through their ini-
quities, & stirred thy god-
nesse

nesse to displeasure.
Yet whē thou sawest their tribulation, & their lowly submission vnto thee: thou diddest remember thy promise, and by and by haddest pitty and compassion vpon them: according to ỹ multitude of thy mercies.

Haue mercy vpon mee (O Lord God omnipotēt) haue mercy vpon me: for I am a miserable and a wretched creature: make me whole I beseech thee, whome thou hast stricken for my sin and iniquity.

My soule is troubled greatly: and how long (O Lord) wilt thou not looke towards me?

How

How long wilt thou reiect my prayer thus crying out vnto thee: wilt thou heare me at no time? how long wilt thou turne away thy face from me?

Where be thy old mercies (O Lord) whom thou hast established in thy trueth.

Wilt thou now (O Lord God) cease to shewmercy? or wilt thou withdraw thy gwones for displeasure.

Hast thou cast me away for euer: that thou wilt neuer hereafter be pleased with me?

Thy hand is not weakened, but it may helpe: and thy eares be not stopped, that

that they refuse to heare.

How long shal my mind be troubled with painfull and heauy thoughts: how long shall sorrow torment my heart?

How long shal mine enimy haue the vpperhand of me? look toward me (Lord God) and here my praier.

Giue light to mine eyes for I haue slept too long in death: and my sins haue preuailed against me.

Turne againe, O Lord, turne againe, and deliuer my soule, and saue me for thy great mercies sake.

Lo now is the accepted time: now be the daies of healthy and grace.

In

In death who shall remember me: in hell who shall laude or praise thee?

Ye that liueth, ye that liueth shall praise thee, and shall make thy mercy knowne.

Lord rebuke me not in thine anger: nor punish me in thy great displesure

Cast not thy darts at me: nor lay not thy heauy hand vpon me.

For I haue borne thine anger a long while, and of the cup of thy high displeasure I haue drunk very deepe.

There is no health in my flesh for feare of thy displeasure: I haue no peace

peace nor rest, when I behold my sinnes.

My iniquities be gone ouer my head: and like an heauie burden they dayly presse me downe.

The wounds in my soule doe festter and stinke euen through mine owne folly.

I am a wretch cast away from thy fauour and presence, and goe mourning all the day long.

My soule is full of filthynesse, and no part of me is whole and sound.

Wherefore my enemies do persecute me the more, the greatnes of my paine maketh me to roare & cry.

My

My heart fainteth & trembleth within me, and my strength is gone away.

O Lord thou knowest my desire, and thou seest my necessity.

Forgive me all my sins (O Lord God almighty) for thy owne sake, and put out of thy sight my hainous offences, for according to thy goodnesse thou hast promised forgiuenes of sinnes to them that doe penuance.

Haue mercy on me Lord for the glory and honor of thy name, and be no longer displeased with mée, and then thou shalt surely be knowen to be iust and true

true in thy wordes, and
ſhalt ouercome when thou
art iudged.

For by this, thy great
grace ſhall bee knowen:
that thou takeſt mercy on
them, which haue not
wherof they may glorie
in thy ſight.

And all the dwellers on
the earth ſhall learne and
know thy goodnes, when
thou ſhalt confer and giue
thy benefites to vs for thy
great names ſake, and not
after our euill waies and
wicked deedes.

Verily Lord God, except
thou ſhewe vnto vs thy
manifolde mercies, the
world ſhall not haue life;

no, they that dwel therin.

And if thou help vs not with thy goodnesse, how may they, which haue offended, be releesed vp from their sinnes?

Haue mercy on me, O good father, haue mercy on me, and for thy glorious name, be no longer angry with me.

Take me sinner vnto thy mercy for the name of thy holy Sonne Iesu, whom thou hast sent to be the obtainer of mercy for our sins through faith in his blood. Behold holy Father behold thy child, whom thou hast chosen, behold thy welbeloued Sonne in whom

whom thy soule deliteth vpon whom thou hast put thy holy spirit and sent him to preach the Gospell to the powre, to heale them which for their sinnes be sorrowful and contrite, to comfort them that mourn to preach pardon to the prisoners, and sight to the blind.

Behold the little one which was borne for vs: behold thy sonne, which is giuen to vs, whom thou hast not spared, but giuen to death for us all, to be a sweet offering, and sacrifice to thee.

Verily he took vpon him in his body, our infirmi-

ties, & he bare our paines.

He was made weak for our sinnes: and hée was wounded for our offences.

The correction for our peace, was laied vpō him, and by the strokes that he suffered our wounds were healed.

All we went astray like shéepe, euerie one followeth his owne waie, and thou (O Lord) puttest on him our iniquitie, striking him for the offences of thy people.

He gaue his bodie to be beaten, and his chækes to be striken, he turned not awaie his face from them that scorned him, and spit

vpon

vpon him.

Through his loue and mercie, he hath redeemed them that were loſt, and by his blood ſhedde on the Croſſe, he hath purified all things in heauen & earth.

He gaue himſelf to death and made his prayers for thē which were offenders.

Look (O merciſull Father) and conſider, who it is that thus did ſuffer: and remember (I beſech thee) for whom he hath ſuffred.

For this is that innocēt, whome thou ganeſt to death for vs, euen then when wee were ſinners: and ſhall wee not, beeing now iuſtified by his blood,

much rather be saued frō
wrath throughe him?

If we, when we were
yet enemies, were recon-
ciled to the by the death
of thy Sonne, shall we not
being reconciled, much ra-
ther be saued by his life?

Behold that pure and im-
maculate Lamb, which
taketh away the sinnes of
the worlde, by whose pre-
cious blod wee are redee-
med from our iniquities.

Loke vppon that most
meek innocent, which like
a Lamb was led to his
death, and being most cru-
elly intreated once opened
not his mouth.

Behold thine owne
Sonne

Sonne, whom although thou begattest of thy almighty power, substance & nature: yet thou wouldest he should be partaker of my infirmity.

Which being God in nature, thought it no rauin to be equal with God, but made him-selfe lowe, taking vpon him the shape of a seruant, & comming in the similitude of sinful flesh, condemned sinne in the flesh submitting him-selfe vnto thée, O Father, euen to the death of the crosse, & there put out the hand-writing that was against vs contained in the law written and ta-

king it out of the way, fastened it to his Crosse, on the which hee spoyled potestates and powers, and made a shewe of them openly, & triumphed over them in his owne person.

Turne the eyes of thy maiestie (O Lord God) & looke vpon the worke of thy inestimable goodnesse. Beholde thine owne sweet Sonne, how all his bodie was drawen and stretched forth on the Crosse.

Looke vpon all the parts of his body, frō the crowne of his head, vnto the sole of the foote, & no paine shall be found like vnto his paine. Behold (O louing Fa-

ther)

ther) the blessed head of thy deere Sonne crowned with sharpe thornes, and the blood running downe vpon his godly visage.

Beholde his tender bodie, how it is scourged: his naked brest is stricken and beaten: his bloody side is thrusted through: his heart panteth: his sinewes bee stretched foorth, his godly eies dasell and leese their sight: his princely face is wanne and pale: his pleasant tongue is inflamed for paine: his inward parts waxe drie and starke: his armes both blew and wanne be stiffe, his bones bee plucked one

from

from an other: his beautifull legges be feble and weake: and the streames of blod issuing out of his body ran downe apace vpon his fæt.

Look (O my maker) vpon the humanity & gentlenes of thy deare sonne: & pitty the infirmity of thy weake handy-worke.

Behold (O glorious Father) the body of thy deare Sonne all to rent & torne: and remember I beseech thée, of how small substance I am.

Looke vppon the paine of him that is both God and man: and release the misery of man: whome thou

thou hast made.

Behold the grecuous suffering of the redeemer, & forgiue the sinnes of him that is redeemed.

Keepe me from all euill wayes: and teach mee by thy holy spirit, to chose the way of trueth.

I beseech thee (O thou King of holinesse) by him that is most holy, by this my redeemer Christ, that thou bring me againe into the right way, that I may be united and made one with him in spirit which abhorred not to be united with me in flesh.

Make mee to goe perfectly in thy pathes: and

to

to hate all wicked waies.

Wash my heart from malice, and cleanse mee from my secret sinnes.

Cleanse me (O holy Father) with the blood of the new testament of thy welbeloued Son, which hath loued vs, and washed vs with his blood from our sinnes, and hath redeemed vs from all iniquitie.

Purifie my heart by the sanctification of thy spirit, and the sprinkling of the blood of thy Sonne, from all filthinesse of sinne, and euill conscience.

O God almightie, bee mercifull vnto me sinner: for thy glorious Name sake,

sake, and remember my sinnes no longer.

For thou art God gracious and mercifull, and patiently doest suffer vs: and wouldest that no man should perish, but that all men should returne to penance.

Make me (O Lord God) to returne from my euill waies & wicked thoughts.

Remember not the sins and abominations of my youth: according to thy mercie, be mindfull of me for thy goodnesse sake. O Lord loke not vpon mee with a grieuous countenance: for there is no man that dare speake for me.

En-

Enter not into iudgement with thy seruant, for if thou accuse me, I shall neuer be quit.

For if thou (O Lord) marke my sinnes, and iniquity: who shal not fal before thee?

This is certaine and sure that euen in thy sight no man liuing shall be iustified, seing thou hast found iniquity euen in thy Angels. How much rather in man which is abomination and filthinesse, & dwelleth in the earthly house of his body, and drinketh iniquity as it were water.

Who is clean frō filthines when al be corrupted?

Truly

Truly not one: no though he haue liued but one day on the earth: and though his moneths may be easily numbred.

So is trueth there is no mortall man, which hath not done wickedly, nor there is any right wise on earth, which doeth good, and sinneth not.

Yet because mercy is in thy hand, (O Lord) although thou be dreadfull my hope is in thée, in whō my soule trusteth.

My soule looketh for thee, because mercy & plentifull redemption is with thee: For this I know assuredly, that thou wilt not

cast

call me away for euer: but although thou call mee away for my sins a while, yet thou wilt haue mercie vpon mee againe, according to the multitude of thy mercies.

For thou (O Lord) art full of pitie and mercy, and wilt not turne thy face away from vs, if wee will returne to thee.

Thou art our God, full of sweetnesse, veritie, and patience, and disposest all things by mercie.

The fountaines of thy goodnesse be euer full and flowe ouer: thy grace neuer decaieth.

All thy waies be mercie and

and trueth, to them that seek out thy couenant and testimonies.

How gentle and louing the Father is to his children, so gentle and louing art thou (O Lord) to them that feare thée, and for the abundance of thy mercie, thou dooest pardon our infirmities: thou knowest thine owne handy worke: thou remembrest what we are: thou seest that we are flesh, and of no strength.

Thou hast not forgotten that this world is full of vnrighteousnesse & wickednes: & that it is wholie set and bent on euill.

Yea, neuertheless thou

art

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art

art mercifull, and full of grace, and like a mercifull Lord forbearest to punish sinners when they repent themselues, and returne from their sinnes.

Haue mercy vppon mee (O Lord God my sauiour) for the glory of thy name: and deliuer me, and forgiue me my sinnes for thy names sake.

O righteous Father looke not straitly vpon the multitude of my sinnes: but look on the face of Iesu thy holy sonne, which being without sinne, bare our sinnes in his body on the tree of the Crosse.

Turne away thy face from

from my sinnes, and put out all my iniquities.

Make a cleane heart in me (O God) and renew me with a right spirit.

Cast me not away from thy presence, and take not thy holy spirit from me.

Giue me againe the comfort of thy help: and stablish me with thy mighty spirit.

Pollute my heart (O Lord God) that I may returne to thy pathes: for I haue wandred ouerlong in the way of error.

Turne me to thee, and I shal be turned: for thou art my maker, and I am the clay, & worke of thy hands.

Turne

Turne not thy face a-waie from me, nor ga not from thy seruant in thine anger.

Be my helper, and forsake me not, despise mee not, (O Lord) which art my God and my health Amen.

The second psalme, for Remission of sinnes.

Woll mighty God of Angels & of men: whose iudgments bee vnsearcheable: and whose

whose wisedome is pro-
found and deepe.

Heare the prayers of
thy seruant: and cast not
awaie the humble suites of
thy poore creature and han-
die worke.

For as long as I shall
liue, I will speake vnto
thee: and I will not hold
my peace, so long as the
breath is in my bodie.

I do turn my soule vnto
thee, and I set mine eyes
directly vpon thee.

Let thine anger be tur-
ned awaie from me, I be-
seech thee, and grant that
I may finde grace and fa-
nour in thy sight.

According to the great-
nes

nes of thy mercy, forgiue me all my sinnes.

Pluck me away from mine hainous offences, & heale my soule which hath offended thee, make me free from the guilt of my transgression, for I acknowledge my iniquity, and am sory for my sinns. I haue forsaken thy way and I, knowing thy commandements, haue done al things cõtrary to them.

I haue broken the couenant that I made with thee, and haue despised to keepe thy law:

Verily I haue sinned against thee (O Lord God) and the blemish of my sinne

sinne abideth stil with me euen vnto this day.

I haue forsaken thée (O God my maker) and gone away from thée my Sauiour: and haue rebelled against thée like the Ore that winceth, and striueth when he should be yoked.

I haue hardned my hart against thée: and I haue lifted vp my neck proudly after my sinne.

I haue trusted in lies and through deceit would not knowledge thee: but I haue followed the lewdnesse of my heart.

My pride and arogancy haue beguiled mee: and the foolish boldnesse of my

heart

heart hath brought me into desolate waies.

Mine own counsels, and aduises haue wrought me these things: such is the malice & rebellion that possesseth the hearts of men.

My soul is put from quietnes and rest, & I cannot thinke of any good thing.

The yoke of my sinnes is waxed very heauie: it is lifted vp and fastned about my necke.

Thou hast spoken to me, but I would not heare: thou hast called me, but I would not answere, I beleeued not thy words, nor would abide thy counsell.

I regarded not thy holie

word

word: and I gaue not my mind to my sayings.

Thou hast striuen me, but I would not know the cause thereof, thou hast corrected mee but I would not take thy disciplines.

I did not consider in my heart, that thou wouldst not forget my sinne and malice.

With my mouth and my lippes I glorifie thee: but my hart was far frō thee.

I hid my sinne as Adam did: to the intent to haue my iniquity vnknowne.

I asked counsaile of thy mouth: and I would not follow thy law.

I haue sinned, before

thine eyes, and therefore my soule is made vnstable.

I forsooke thee which art the fountaine of continual springing waters to the intent to digge to my selfe muddy pittes which haue no water.

In all these things I am not returned to thee nor I haue not prayed vnto thee that I might leaue my wicked wayes.

See Lord and behold how vile I am made: all the beauty of my soule is perished & gone: insomuch that now I dare not in any wise behold and looke vpon thee.

And there was no cause why

why should I forsake thee: and vainely follow vaine thinges.

Lord haue mercy vpon me, and heare my prayers, for thou art my God and there is no Sauiour besides thee.

Turne away from mee thy heauy displeasure and destroy mee not for my sinnes of my youth. I humbly beseech thee (O Lord,) forgiue me, forgiue me for thy exceeding mercy.

O Lord God of hostes if thou be determined to saue, who can let or resist: if thou stretch out thy hand, who shall turne

thée away?
Thou maiſt do to me as the potter doth to his potter (behold) I am in thy hand, as the clay is in his.
Amend me (O Lord) but in mercy, not in thine anger, leaſt thou vtterly conſume me: make me to vnderſtand and know how hurtfull and deadly a thing it is to forſake thée, my Lord God, and to caſt away from me the feare of thée.
There is no man, that can heale me, nor cure my plague: no man can deliuer me but thou (O Lord) which woundeſt and makeſt whole, which ſtrikeſt and

and healeſt againe.

My deſtruction commeth of my ſelfe: my helpe and ſaluation ſtandeth only in thee.

For none is like vnto thée, thou art mighty: and great is the name of thy ſtrength.

Turne me to thee (O Lord) and I ſhal bee turned: take away from mée this ſinfull heart, that thy law may bring forth fruit in me.

Remember mee Lord, for thy goodnes ſake: & for the great loue that thou beareſt vnto me.

O Lord God (behold) thou haſt made both hea-

uen and earth, by thy great might, and nothing is hard to thee.

Thou art that puissant & mighty, whose name is the Lord of hostes: great and maruelous in thy counsell.

As soone as thou hast spoken the word all things be done: as soone as thou hast commanded, things be: and thy word returneth not to the voyde, and without effect.

Thou (O Lord God,) for thy mercy sake vnto all: for thou canst do all: and thou makest as though thou sawest not the sinns of men: because they should

should do penance, and a-
mend their liues.
For thou louest al things
that be: & hatest nothing
that thou hast made: for
nothing thou madest or
hast ordained of any ha
tred.
Thou sparest and tende-
rest al men: for al things
be thine, and thou louest
the soules of men.
Thou dost minister mer-
cy, equity, & iustice in the
earth: and therefore in
these vertues thou great-
ly delightest.
Truly (O Lord) thou
art righteous and graci-
ous, not withstanding I
haue offended thee, trans-

greuing thy couenant and trespassing against thee.

O Lord, thou hast seen al my abhominations: looke on my cause, and consider how vile and wretched I am: see and behold my great confusion.

In the time of reconciliation heare me, and in the day of saluation, haue mercy on me.

Be merciful vnto me, and haue mercy on mee, which haue none other helpe but thee: whose will nothing can resist: whensoeuer thou doest purpose to saue.

Heare mee which am a wretch, making supplica-

tion

tion vnto thée, make mée to trust in thy name, and deliuer me by thy power.

Haue regard of me from heauen (O Lord) and loke downe from thy holy habitation, and from the throne of thy glory.

Destroy me not because of my iniquity: but remember the sorrow and paine that I suffer.

Be not still angry with me (O Lord) forget all my sinnes, and remember them no longer.

Let my prayer ascend vp vnto thée, say vnto my soule, behold I am come to thée, thy health and thy saluation. Amen.

The

The third Psalm for Remission of sinnes.

O God Eternall, iust and holy, which kepest couenant and mercy with them that loue thee and keepe thy commandements.

Looke at mee and haue mercy vpon me for I haue trespassed against thee: I doue euil in thy sight.

Shew forth vpon me the tender affections of thy mercy, that thy seruant may haue an heart to pray vnto thee.

I humbly make my prayer before thy face, not trusting in mine own righteousnes, but in thy great mercies.

For I am vncleane & filthy: and al my righteousnes is like a foule bloody clout.

Vnto thee (O Lord) be iustice, mercy and pitty, but vnto me be confusion & shame for my iniquities. Certainely euen from my beginning I haue vsed my selfe proudly against thee, doing wickedly and ceasing not.

O Lord thou hast redeemed me, and yet I haue not ceased to offend thee, and

and my heart hath not bin straight in thy sight.

Thou hast taught and instructed me, and stablished my power, & I haue bin euil affected towards thée, being like vnto a deceitfull bow.

My pride and presumption accuse me to my face, I am ouerthrowne in mine owne wickednesse I do seeke thee (O Lord) I beseech thée, that I may find thée: thou art separated from me: for I haue greedily followed filthinesse.

Yet wil I accuse mine owne sinful waies before thée (O Lord) vntil thou haue

haue mercy vpon me, and receiue me againe into thy fauour.

God forbid that euer I should depart from thee againe, and not diligently seeke for thy promises.

I wil neuer hold my peace, nor keepe silence, vntil thou hast established that couenant with mee which thou hast made and ordayned in times past.

That is to say like as ỹ iustice of a iust man shal not deliuer or saue him, what time soeuer he shall offend: So the wickednes of a wicked man shall not hurt him, what time soeuer he shall returne from his

his wickednesse.

In hope of this (O Lord God) I wil tarry thy leasure: for thou art good to them that trust in thee, and to the soule that seeketh thee.

Thou keepest thy truth for euermore: & the words which issueth forth of thy mouth shal not be voyd & of none effect.

Destroy me not (good Lord) for my sinnes: nor reserue not eternall punishment for me.

Open thine eyes, & behold the greatnes of my payne and my affliction: for my iniquity is great in thy sight: and my sinns

haue

haue brought me into this trouble.

Destroy me not vtterly nor leaue me in my sinnes for thou art God of mercy and very gracious.

Execute not the punishment vppon me, which thou hast purposed: to do me according to thy names, although my defaults and sins be many O Lord thou art my God and thy name hath bin put vpon me: Leaue me not in the deepnes of my troubles.

Thou hast chastised & refrained many, and hast strengthened the weary handes, thy workes haue

set

set vp him that staggred: & thou hast made straight the crooked knées.

Wherefore I wil seeke thée (O Lord God) which hast wrought great things vnsearchable and innumerable.

Thou hast taken vp the poore out of the dust, and hast exalted them which were abiectes.

For thou dost deliuer the poore in his misery out of the strait and bottomles pit of tribulation: & out of the wide mouth of anguish and affliction, into rest and quietuesse.

Thou art gracious and mercifull, for that ỹ shew-

est

well mercy to them which be not yet come into the world: and thou art very merciful to them which diligently obserue and keepe thy lawes: and thou doest patiently suffer sinners: giuing them time and place: whereby they may bee changed from their malice.

Heare me poore wretch making supplication vnto thee, for in thee, and thy name, I haue put my trust and affiance.

Make me thy seruant vnto thee, and make me glad, & let me not be disappointed of that I look for. Come againe (O Lord

God

God,) and saue my soule destroy me not with thou hast redeemed by thy great might and power. Look not vpon the hardnes of my heart, nor vpon my synns, but like as thou hast many times shewed mercy, so now be mercifull and forgiue me. Heare me (O Lord) and bee pacified; regard my prayer, and doe according to thy great name.

O Lord, I looke to haue helpe and saluation from thee: & this is my daily meditation and exercise. For thy mercies be great and thy goodnes is inestimable.

Heare

heare me now fauorably and withhold thy mercies no longer from me.

In the way of thy iudgements I will loke after thee: my soule desireth to magnifie thy name, and to haue thee in memorie.

Incline my heart to do thy commandements: and direct my waies euermore in thy sight.

Let me neuer hereafter go away from thy lawes: nor leaue me not now in the dereenes of my troubles.

Turne not thine eyes away from me, but teach me (O Lord) to do those things which are pleasant in thy sight.

Make

Make a perpetuall league and couenant with me, that thou wilt put thy feare into my heart that I neuer swarue from thée in all my life.

Withdraw not thy goodnes from me for euer, but kéep thy promis & fidelity.

Be good vnto me with beneuolence and fauour: for thou art mercifull, and thy displeasure continueth not for euer.

Remember me with fauour and kindnes, & visite me with thy saluation.

I know (O Lord God) that thou art gracious & mercifull, patient, and of great mercifulnesse.

Thou

Thou art good and merciful, thou keepest couenant and mercy with thy seruants, which walk before thee in their whole heart

There is none other God but thou which regardest and carest for all. For thou hast bin euer very mercifull to mee: deliuering my soule from the deepe hell.

Let thy goodnes (O Lord) be euer w̄ me, for all my welth resteth only in thee

In the time of tribulation I call vppon thee (O Lord) for thou art nigh vnto them which call vpon thy holy name.

Succour me (O God)

and

and looke merrily vppon me: shew me the light of thy countenance: in thee my soule trusteth, and my heart reioyceth.

Let my prayer come vnto thy throne: bow downe thine eare vnto my cry. Heare me now (being penitent O Lord) whom thou hast hither to patiently suffered: to the intent I should repent and amend my life.

O God, I haue opened vnto thee my life: saue me for thy names sake: for my trust is in thee.

What care I for worldly thinges? That one thing onely I need and desire, that

that I may find grace and fauour in thy sight.

Wherefore I beseech thée (O Lord God) take away from me this paine and sorrosa: or at least-wise mitigate & aswage it, either by comfort or by counsaile, or by what meanes soeuer it shall be séene good to thée.

The 4. Psalme.

is a complaint of a penitent sinner which is sore troubled and ouer come with sinne.

O Lord God merci-
full and patient:
and of much mer-
cy, fulnesse and
trueth.
Which for thy aboundant
charity, and according
to thy great mercy, hast
taken vs out from the
power of darkenesse: and
hast saued vs by the foun-
taine of regeneration and
new birth, and the re-
newing of the holy ghost:
whom thou hast shed vp-
on vs abundantly by Je-
su Christ our Sauiour.
If I haue found grace
and fauour in thy sight:
suffer me to speak a word
vnto thee: and be not dis-
pleased

pleased with me.

Why dost thou euer forget me? and leauest mee in the middest of my troubles and euils?

Where is become thy zeale and thy strength? where is the multitude of thy tender affections? and of thy mercies?

O Lord, may not hee which is fallen, rise vp againe? or may not he which hath gone away from thee, returne to thee againe?

Shal my sorrow euer indure? shall my wound bee incureable & neuer healed?

How cōmeth it to passe, that I turne still away from thee? my sinne daily

O in-

increaseth, and of my selfe I cannot returne.

In as much as it is not giuen to man to direct his owne waies: neither to make perfect his own proceedings.

For in thy hand is the life of euery liuing thing: and the spirit also of euery man.

Thou shewest thy mercy to whome thou wilt: and thou art gracious to them whome thou fauourest.

Thou dost kil, and thou dost quicken: thou leadest downe to Hell gate, and bringest vp againe.

Thy eyes behould the waies of euery man: and thou

thou searchest the hearts of men.

There is no place so secret or darke, wherein sinners may hide themselues from thee.

Nor any man may so lurke and hide him selfe in caues, but thou shalt see him which doest fulfill both heauen and earth in euery part.

Why hast thou cast me away from thy presence: & takest me for thy enimy?

Why hast thou layed vpon my head the heauie weight of my sinnes, seeing no man is able to beare thy displeasure.

What meaneth it, that

thou shewest thy power
against a wretch: why de-
stroyest mee for the sinnes
of my youth?

If I haue sinned, what
shall I doe to thee? and if
my sinnes bee encreased,
what shall I doe?
If I do iustly, what shall I
giue to thee? or what shall
thou receiue at my hand?

My wickednes shal hurt
my selfe: and my righte-
ousnes shall profit me.

The life of man is a
temptation vpon earth: &
if I haue sinned (as al men
haue) what may I doe?

Shall a man bee found
cleane and without sinne
before thee? or shall any
man

man be without default in his deeds.

How may a mortal man bee pure from sinne in thy sight: or how may hee which is borne of a woman, be righteous.

Remember (O Lord) I beseech thee, that thou hast made me of earth: and that thou shalt bring me againe into the dust of death.

My dayes passe and banish away like smoake, they waste dayly, there is no tarrying.

My life flieth away as the wind: and considereth not that which is good.

I was but lately borne into this world, & shortly

I shall bee taken aivate hence by Death, I ueuer continue still in one state.

The daies of my life be few, and short: thou hast appointed an ende, which I shall not passe.

Naked and bare, I came out of my mothers womb: and naked and bare I shal returne againe: truely all men liuing are vanity.

Haue pity (O Lord) on them that are in miserie: and dispise not the works of thy hands.

Though we sinne, yet are wee vnder thee, for wee know thy power and strength: and if wee sinne not, then are wee sure that

that thou regardest vs.

Cease thy indignation (O Lord,) and turne it from mee: and cast all my sinnes behind my backe.

Take away the plagues from mee: for thy punishment hath made mee both feeble and faint.

For when thou chastisest a man for his sinnes: thou causest him by & by to consume and pine away.

Whatsoeuer is delectable in him, perisheth like vnto the cloth that is eaten with moaths.

Would God I had one to defend me a while, vntill thy anger were turned away: or that thou

wouldest set me a time, in the which thou wouldest remember me?

I am cleane cast away from thy presence: shall I neuer hereafter see thy face againe?

Behold I haue opened the griefe of my soule: the daies of my sorrows haue taken me.

The flouds of tribulation compasse mee round about: and the streames of thy fury runne ouer me.

And I cry vnto thee (O Lord God,) but thou hearest me not: I aske mercie but ỹ reiectest my praiers.

Why thinkest thou downe a poore wretch from thy

thy presence? or why forsakest me so long time?

Why takest not away my iniquitie? and why puttest thou not away the wickednes of my heart?

Arise and tary no longer (O Lord) arise, and reiect me not for euer.

Haue mee in remembrance I beseech thee: for I throughly tremble and wake for feare.

Yet I will not hold my tongue, but cry I will vnto thee with a mourning and an heauy heart.

Turne away the stroke of thy vengeaunce from mee, bring my minde out of troubles into rest.

wouldest set me a time, in the which thou wouldest remember me?

I am cleane cast away from thy presence: shall I neuer hereafter see thy face againe?

Behold I haue opened the griefe of my soule: the daies of my sorrows haue taken me.

The floods of tribulation compasse mee round about: and the streames of thy fiery Ire ouer me.

And I cry vnto thee (O Lord God,) but thou hearest me not: I aske mercie but ỹ reiectest my prayers.

Why thinkest thou downe a poore wretch from thy

thy preſence? or why forſakeſt me ſo long time?

Why takeſt not away my iniquitie? and why puttest thou not away the wickednes of my heart?

Ariſe and tary no longer (O Lord) ariſe, and reiect me not forever.

Haue mee in remembrance I beſeech thee: for I throughly tremble and wake for feare.

Yet I will not hold my tongue, but cry will vnto thee with a mourning and an heauy heart.

Turne away the ſtroke of thy vengeaunce from mee, for my minde is put of troubles into feare.

thou cast me straightway into damnation, seeing that the dead shall not praise thee: nor any of them which go downe to hell.

I haue sinned, what shall I doe to thee? why hast thou put me to bee contrary to thee, I am weary of mine owne selfe.

Why searchest thou out my sinnes so narrowly: when there is no man that can take it out of thy hand

If I should say, that I were righteous and without sinne: then thou mightest worthily condemne me to the fire prepared for the diuell and his Angels.

But I confesse, that I

am

am a sinner, and do humble my heart in thy sight.

Surely if any my would stand with thee in iudgement, hee shall not be able to answere one word to a thousand things, where of thou mightest charge him.

This maketh mee to feare all my deeds: knowing that thou sparest not him that offendeth.

If I looke vpon thy power, O how mighty and strong thou art? if I call for iudgement, who shall defend my matter, or speake for me?

To thee (O Lord) I call and crie: to thee my God I make my humble sute.

Turne

Turne away thine anger from me: that I may know that thou art more mercifull vnto me then my sinnes deserue.

What is my strength, that I may endure: or what is the ende of my trouble, that my soule may patiently abide it.

My strength is not a stony strength, & my flesh is not made of brasse.

There is no helpe in my selfe, and my strength fleeth away from me.

Although thou hide these things in thine heart: yet I know, that thou wilt remember me at length.

For thou art true and iust

iust (O Lord God,) thou dost not condemne vniustlie: which rewardest man according to his deserts.

All this is come vnto me because I have forgotten thee, & not vsed my selfe truely in thy testament.

My heart hath turned backward: & I have followed the desires of my flesh.

And thou hast surely knowen this thing: which knowest the secrets of the heart.

Lay not against me (O Lord) the sinnes of my youth: nor have in remembrance mine olde iniuries done against thee.

Daily sorrow ouercom-

meth

ueth me: and sadnes possesseth my heart.

I looke after peace, but I can not haue it: I looke for a time of health, but my griefe continueth still.

When the time of thine anger is past, let mercy come, yet am I vnhappy maye and moze.

Wo and alas that euer I sinned: my heart therefore mourneth and is sad, all mirth and ioy is banished from me.

Howe am I wasted: howe miserably am I confounded: because I haue forsaken and cast away thy law.

Death hath ascended vp by the windowes: piercing

cing the inward partes of my heart.

When I daily one while muse secretly wᵗ my selfe an other while with lowd voice crie out & complaine: the meane time my life draweth neare to the pit.

Who shall giue mee a place to rest in from all my griefes and troubles, and I will forsake all men, and get me away from them.

Who shall giue me water to my head, and a fountaine of teares to mine eies, that I may bewaile my sins both night & day.

And I will looke for him which may saue mee, and deliuer mee from the

wrath

wrath to come.

I haue no truſt neither in life nor death: but I feare thy iudgement (O Lord) and the paines prepared for wicked ſinners.

The feare of my ſinne maketh mee careſull: and the burden of my conſcience oppreſſeth me ſore.

O God, which tenderly loueſt mankinde, and art moſt rightful iudge: ſpare me now I beſeech thee, and ſhew me ſome fauor while time is.

Forgiue that which I feare, put away that which I dread: before I depart hence, and ſhal not returne againe.

My sinnes doe vexe and trouble mee sore: they bee so great, that none can bee greater.

Alasse my fall, alasse my miserie; alas the griefe of my plague, and stroake, certinely my sinne is the cause of all this, and so I will take and suffer it.

The fifth Psalme,

For the obtaining of *godly wisdome.*

Lord God of mercie, which by thy worde hast made all things:

thinges: and by thy wisedome hast created man.

O God eternal, to whom all thinges bee knowne, bee they never so secret, which knowest all things before they be done.

Open my lips, and my mouth that I may speake and shew forth thy glory and praise of thy name.

Giue mee a new heart, and a right spirite: and take from mee all wicked and sinfull desires.

O Lord, I am foolish, ignorant, and blind, when I am destitute of thy knowledge.

I am ignorant, and without intelligence, my dulnesse

nesse is so great, that my eyes can not see, nor my heart perceiue.

For I am a very babe, and a childe, and know full little mine owne life and conuersation.

My lips be defiled and vnclean, my time is short, and I am not able to vnderstand thy law.

Giue thy seruant I beseech thee an heart apt to take learning: that I may know what thing is acceptable in thy sight at all times.

Send power from Heauen the spirit of thy wisedom, & replenish my heart with knowledge thereof.

Thy

Thy wisdome, giueth true knowledge: and out of thy mouth proceedeth both counsaile and intelligence.

Thy wisdome openeth the mouth of the dumme: and maketh the tongue of infants eloquent.

If any seeme to bee perfect among men: yet if thy wisdome forsake him: hee shall bee reckoned nothing worth.

Thy wisdome is to men a treasure that faileth not: which who so vse, they are toyned to God in loue and amity.

How well it is with that man which is wittie in this

this behalfe, and hath his soule endued with thy wisdom.

What man in all the world knoweth thy counsaile, or who can compasse in his mind what thy will is?

Who can comprehend thy purpose and mind: except thou giue him wisdome, and instruct him with thy holy spirit?

For mens reasons doe faile in many things: and their forecasts and inuentions bee vncertaine and vnsure.

For the mortall and corruptible bodie much grieueth the soule, and the earthly

earthly house of the body holdeth downe the minde musing vpō many things.

Counsaile and good successe cōmeth from aboue: where also wisdome is and vertue.

With thée (O Lord) is riches, glory, and righteousnes, which be treasures incorruptible.

He that hath found out thée, hath found life: and he that loueth not thée, loueth death.

O Lord God, touch my mouth that my iniquitie may bee driuen away: dwell thou in my heart, that my sinnes may bee purged.

While

Wisdome doth not enter into a malitious soule: nor will abide in a body, which is subiect to sinne.

Teach mee (O Lord God) least my ignorance increase, and my sinnes waxe moe and moe.

Let my spirit teach mee the thinge that be pleasant vnto thee, that I may bee led into the straight way out of errours, wherein I haue wandred ouer long.

Let my wisedom be stablished in my spirite: and write thy law in my hart.

Thy wisedom is to me more pretious then all riches: and I desire more to haue it, then other thinges,

be they neuer so faire and godly.

O Lord thou knowest, how sore I am inflamed with the loue of thy wisdome, which is my onely study and meditation.

O how pleasant & swéet thy words be to my heart: truely much more then hony is to the mouth.

Thy word is a bright candle to my féete, and a light to my wayes.

Thy wisdome pleaseth me more then thousandes of gould or siluer can do.

I haue more pleasure & delectation in the way of thy wisdome: then in great abundance of treasure.

Well

Would God my waies may bee so ordred, that I may learne thy wisedome and thy words.

Thy word gineth heat and inflameth: wherefore I greatly desire it.

O happy is hee (Lord) whome thou instructest: & makest lerned in thy law.

His sople hath alway studied wisdom: & his tongue shall speake iudgement.

The law of God shal be written in his hart: and he shall not bee ouer throwen as he goeth.

O Lord, which art my God and my Sauiour, heare my prayer, and my tongue shall euer speake

and set out thy mercies.

Giue me wisedome which is assistant to thy Throne: that I may discerne betweene good and euill, and may know thy holy misteries.

Open mine eies, that I may perceiue and beholde the wonderfull things which be in thy law.

Remember thy word now I call vpon thee, for I haue put my hope in it, make me to know the way of thy wisedome, & hide not thy knowledge from me.

Order me according to thy mercy, and disappoint me not of that I looke for.

Teach me right wise-

dome

domne and intelligence: for thy wisedome is all my desire.

Put thy words in my mouth and fasten thy holy domne in my heart.

Let thy wisedome rule & guide my thoughts: that then may alway please thee.

Thy woorks are wonderfull and marueilous: wherfore my soule delighteth in them.

Thy wisedome is perfect: and thy knowledge is cleere and giueth light to the eies.

It is more amiable then gold and precious stones, it is farre sweeter then the hony combe.

Thy wisedome is pure and vndefiled, and maketh soules strong: thy wordes be certaine and true, and giue vnderstanding vnto the simple.

When shal hee that erreth in his spirite haue knowledge? when shall hee that is ignorant haue learning?

When wilt thou send downe thy holy spirit from aboue? when shal the blind heart bee lightened with knowledge? when shall the tongue that stammereth be made eloquent.

I am like a babe without wisedome and discretion: let thy strong hand

(D)

(O Lord) be my helpe.

I know that thou canst do all things, and nothing is hard to thee.

Thou art great (O Lord,) and canst not bee knowne: and thy wisedome is infinite.

I haue declared my cause before thee, doe with thy seruant according to thy great mercy.

Looke toward mee, and haue mercie vpon mee: that I may bring to passe that, which I beleeue and think may be done by thee.

Make the way of thy wisedom knowē vnto me, & replenish my heart with the knowledge thereof.

Heare my voyce (O Lord) according to thy mercies: inrecute mee according to iudgement.

Giue glory vnto thy name (O Lord) for thou onely art good and wise: and there is none other Sauiour beſides thee.

Heare me (O Lord) for thy names ſake: and withhold not thy mercy from me.

My lippes ſhall ſpeake and ſet forth thy laud and prayſe: when thou haſt taught me thy wiſedome.

Then will I declare thy marueiles, that others alſo may be conuerted vnto thee.

And

And may bleſſe thy name for euer, world without end. Amen.

The ſixt Pſalme,

A Chriſtian man prayeth *that he may be heard* of God.

O Lord heare my prayers, and let my cry come to thée.

Turn not away thy face from me in the day of my tribulation.

What day ſoeuer I ſhall call vpon thée, heare me (O Lord God.)

For thou art great and wor-

wonderfull workes: thou onely art God.

All thy workes be great, thy thoughts bee very profound and deepe.

Bow downe thine eare vnto mee: and heare mee, for I am poore and vnhappy and helpe.

Shew mercie vpon mee (O Lord) for when trouble commeth, I flie vnto thee for succour.

Make glad the soule of thy seruant: for I haue lifted vp my heart vnto thee.

O Lord thou art good and mercifull: and of much mercy to all them that call vpon thee.

Heare my request and peti-

petition, and gratiously accept my praiers.

O Lord God, in thée I trust: let mee not be confounded: I beseech thee: Deliuer me in thy righteousnesse.

Harken vnto the voyce of my crie (O my King & my God) for I make my humble sute vnto thee.

Heare my voyce, with which I call vpon thee: haue mercy vpon me, and saue me.

My praiers be euer vnto thée (O Lord God,) if that the time of thy gratious pleasure shall come, when that according to the multitude of my mercie thou

thou wilt heare mee in the trueth of thy health.

Haue regard vnto mee (O Lord,) for thy mercie is sweet: according to the multitude of thy mercies looke vpon me.

Goe not far away from me (O my God) but make hast to help me.

Let my words bee pleasant vnto thee: and make that the thoughts and meditations of my heart may be acceptable afore thee.

Turn not away thy face from thy seruant, for trouble riseth vp against mee on euery side: wherefore now succour me.

My heart desireth thee,

my

my soule saieth for thee, I turne and looke when I may behold thy face.

Turne not away thy face from mee, cast not away thy seruant in displeasure.

Thou hast alwaies helped mee before this time: forsake me not now in my most need, O my Lord and my God.

To thee I cry daily, go not away from mee: and turne not the deafe eare vnto me.

Cause my prayer to enter into thy presence: and let my cry come vnto thee.

Heare me (O Lord) for I lift vp my minde vnto

thy

thy holy Temple.

Helpe now in time of trouble, for vaine is the helpe of man.

I looke after thy helpe (O Lord) & to thy iudgements: thy will is comfortable.

Looke vnto me, and take pitty vpon mee: for I am poore and left alone.

O Lord God of hostes, if thou will thou mayest helpe mee: nothing can ouercome thy strength.

My God, my God, leaue mee not in these grieuous tribulations, for thy great names sake.

O God, make haste to deliuer mee, (O Lord) make

make speed to help me.

Be contented to deliuer me: for in thee I trust, O Lord God.)

Behold I haue no helpe in my selfe: there is no man that regardeth my necessity.

I am poore, and in misery and great calamity: and my strength is gone from me.

Arise vp (O Lord,) and declare thy glory vnto thy seruant.

Let saluation and health come to me from thee: that all my enemies may bee ashamed.

Thine arme is mighty and strong: and when thou

thou wilt, all things bee obedient vnto thee.

Heauen is thine: yea, and the earth is thine: thou madest the world, and all that is therein.

Let thy mercie comfort mee: which surely I desire more then this life.

I sticke to thy testimonies (O Lord) let me not be confounded.

Out of the deepe I haue called vnto thee (O Lord) Lord heare my voyce.

O let thine eares marke well the voyce of my complaint.

O Lord, if thou imputest my sinnes vnto mee: how may I looke for thy grace

and

and pardon.

But thy mercy excéedeth all things: and thy trueth palleth the heauens.

Wherefore my soule hath looked to thée: and to thee maketh humble prayers.

O God be not stil, kéepe not silence: but for thine owne sake sée that thy holy name be not dishonored.

Extend out thy mercy to them that call vpon thee: and thy righteousnesse to them that séeke thee.

I haue cast my burthen vpon thee, beare mee vp: and let me not alwaies be in wauering, seeing that I haue put my trust in thee.

My soule cleaueth vnto thee:

thee: make thy right hand to strengthen mee against ỳ power of mine enemies.

Heare me (O Lord) and deliuer me: encline thine eares vnto my prayers, and saue me: for I am poore: O Lord, haue regarde vnto me.

Thou (O Lord God) art my helpe and my sauiour.

O God, thy way is holy and rightful, what God is so great as thou our God art?

Thou doest marualous things: thy name is the Lord: thou onely art the highest vpon all the earth.

Bee now pacified toward thy seruant: and hide

hide thy face from mee no longer.

Bee good vnto mee (O Lord) as thou art full of goodnesse thy selfe, that I may glory in thee all the daies of my life.

My lips reioyce to sing praise vnto thee: and euen so doeth my soule which thou hast redeemed.

My heart shall alwaies studie thy righteousnesse, when they shall bee confounded which seeke to do me harme.

I will runne all the way of thy commaundements: when thou shalt dilate and enlarge my heart.

Amen.

The

The 7. Psalme,

For an order and direction of good living.

TO thee (O Lord) I lift by my mind.

In thee I trust (O Lord God) let me not bee confounded, lest my enemies make me their testing stocke, and a matter to laugh at.

O Lord, make thy wayes knowne vnto me: and trade me in thy paths.

Direct me in thy truth, and instruct me: for thou art God my Saviour: I looke after thee every day.

O

O Lord thou art sweete and righteous: and bringest againe into the way them that went out.

Thou teachest straight in thy iudgement them that bee milde and tractable: and teachest them that bee meeke thy wordes and testimonies.

Thou healest them that bee contrite in heart: and assuagest their paines and griefes.

Thou holdest vp all them whych are ready to fall: and that are fallen: thou liftest vp againe.

Thou giuest light to the blinde: and louest them that be bounden.

Thou

Thou art nigh vnto all them that call vpon thee, so that they call vpon thee faithfully and heartily.

Thou fulfillest the desire of them that feare thee, and heerest their prayer, and sauest them.

Haue mercy vpon me, (O God,) haue mercy vpon me; for in thee my soule trusteth.

Verily my soule hath respect all respect vnto thee, for my health, my glory, and all my strength cometh from thee.

For thine owne sake (O Lord God) lay not my sinnes to my charge.

I vnderstand not all mine

mine errours: innumerable troubles close me round about, my sinnes haue taken hold vpon me: and I am not able to looke vp.

Put to thy hand to help me: and leade me right in all my workes.

Make me to walke perfectly in thy waies, that no kind of sinne ouercome me.

Set a watch before my mouth: and keepe the doore of my lippes.

Let the woordes of my mouth: and the meditation of my heart, bee euer pleasant and acceptable in thy sight.

Let the word of trueth neuer

neuer goe away from my mouth: and suffer no malice to dwell in my heart.

O Lord deliuer my soule from lying lippes: and saue mee from the deceitfull tongue.

Put into my mouth thy true and holy word: & take cleane from me all idle and vnfruitfull speach.

Deliuer mee from false surmises and accusations of men: Rule me euen as thou thinkest good, after thy will and pleasure.

Turne away mine eies that they behold no vaine things: fasten them in thy way.

Take from mee fornica-

tion

tion and all vncleanesse and let not the loue of the flesh beguile me.

Yea deliuer my soule from pride, that it raigne not in me: and then shall I be clean from the greatest sinne.

Stay and keepe my feet from euery euill way, lest my steppes swarue from thy pathes.

My eies looke vp vnto thee (O Lord) because thou art nigh at hand: and all thy wayes be the trueth.

Thy mercies be great and many (O Lord) blessed is he, whosoeuer trusteth in thee.

For when I said vnto thee, my feet be slipped: thy mercy (O Lord) by and by did hold me vp. Teach me to do thy will and lead me by thy path way, for thou art my God.

O Lord, saue my soule, and deliuer me from the power of darkenes.

Let the brightnes of thy face, shine vppon thy seruant, for vnto thee (O Lord God) I haue fled for succour.

Looke vnto me: and haue mercy vppon me: for I am desolate and poore. Keepe my soule, and deliuer me, that I bee not confounded: for I haue

trusted

trusted in thee.

O Lord God forsake me not: although I haue done no good in thy sight.

For thy goodnes grant me, that at the least wise I now may beginne to liue well.

Amen.

The 8. Psalme,

A Christian man prayeth *that he may be defended from his enemies.*

O God almighty, saue mee from mine enemies: and by thy strong power defend and keepe mee.

Preserue my soule, for
y art holy: saue thy ser-
uãt which trusteth in thee.
For strangers do assault
me daily: and seke my
soule to destroy it.
O God help thou me: O
Lord deliuer me frõ them
that rise vp against me.
Be ready O God to suc-
cour mee: make hast to
help me, O Lord.
Be thou my protector, &
a place of strength wherin
I may safely be.
For thou art my strength
and my refuge: for thy
name sakelead & guid me.
Take me (O God) out of
the handes of mine ene-
mies: and call me not a-

way

way in the time of tribulation: when al my might is decayed and gone.

Helpe mee (O Lord God) and saue me for thy mercies sake.

Haue mercy vpon mee (O Lord the God of my health) and in thy righteousnes deliuer me.

From the vexation of them that persecute me: from the assault of mine enemies: which compasse me about on euery side.

Let them be confounded & brought to naught which be aduersaries vnto my soule: let them bee couered with shame & rebuke, which seek my hurt.

Let them turne back with rebuke and shame, which say, God hath forsaken him: let vs set on him, & take him: for there is none that shall deliuer him.

Consyder thy selfe (O God) vnto thy ende, make it strong, and deliuer me from mine enemies.

Destroy them by thy power: & bring to naught all their strength.

What they reioyce not & say among themselues, we haue ouercome him, and vtterly cast him downe. Saue me (O Lord God) for in thee haue I trusted: say to my soule, be not afraid for I am with thee.

If

It is in thy hand, what shall come of me, deliuer me from mine enemies, for yet they cease not.

Their cruelty encreaseth daily more & more: & companies of tirants violently come on me, & they haue not thee before their eyes.

But thou (O Lord) art gracious & mercifull, and sufferest long: & thy mercy and truth be great.

Lok vnto me: and haue mercy vpon me, & endue thy seruāt with som of thy strength: for I call vpon thee: and earnestly make my prayers in thy sight.

My enemies reioyce, that I am fallen, and that

my heart hath turned out of thy way.

But I truſt in thy mercy and my heart is comforted, in hope to haue help and ſaluation from thee.

For thou art good and gracious, thy mercy endureth euer, and thy trueth continueth from one generation to another.

Let them reioyce in thee & be glad, which ſeeke thee: and let them which loue to haue ſaluation of thee, ſay: Magnified be the lord for euer.

Amen.

The 9. Pſalme,

Againſt enemies

SEe Lord and behold how many they bee which trouble me, how many which make rebellion against me.

They say among themselues of my soule: there is no helpe of God for it to trust vppon.

O Lord God in thee I haue put my hope & trust: saue me frō thē, which do persecute me, and deliuer me. Lest peraduenture at one time or an other they take my life from me: & there be none to deliuer me from them.

Haue pitty vpon me (O Lord) loke vpon the affliction, which I suffer of my

my enemies.

Forget not thy poore ſeruant, ſuffer not thē which be oppreſſed to looke for help alwaies in vaine.

Put them to flight: diſappoint them of their purpoſes: caſt them downe headlong as their wickednes hath deſerued, for they are traytors and rebels againſt thee.

Let their power bee brought to naught: & their wickednesſe light vppon their owne heads.

Let the wicked ſinners returne into hell, & let them fall & bee taken in the pit which they haue digged.

I will truſt in thee (O Lord)

Lord) which sauest them ẏ in thée put their confidence They say ẏ thou forgettest thy seruãts, & that thou hidest thy face, because thou wilt not sée their trouble.

Their pride is to vs much greefe and vexation & they glory & triumph in our trouble and aduersity.

How long (O Lord) wilt thou stand a farre off and hide thy selfe in the time of tribulation?

How long shall the wicked despise thee? and say in their heart that thou regardest nothing.

Rise vp (O Lord) stretch out thy hand: forget not them which be oppressed.

Bring

Bring downe the power of the wicked: that they may perish together with their wickednes.

Let thy zeale sodainely come vpon them: the fiery thunderbolts, & the spirit of the whirlewinde be portion of their part.

Preuent me in the day of my tribulation: & deliuer me out of my distresses.

Haue mercy vpō me, for I am troubled on euery side, & my strēgth is decaied through mine iniquity.

Mine enemies speake of me much shame & rebuke: and they are wholy bent to take my life from me.

The paines of death com-

passe

paſſe me round about, and the floudes of my ſinnes trouble me ſore.

Thy ropes of hell be tyed round about me: & I am wrapped in the ſnares of death: & which way ſoeuer I go, I find ſtumbling blocks to ouerthrow me.

Stand vp (O Lord) & punish this naughty people and deliuer me from my deceitfull enemies.

Heare me in the day of my tribulation: let thy mighty name defend me. For thou art my fortreſſe & my glory: and beareſt vp my weakneſs & infirmity. Saue me Lord I beſeech thee, that mine enemies pre-

prouaile not against mee.

Poure out thy indig
nation vpon them: and let
the wrath of thy fury bee
and trouble them.

Let them be confounded
for euer: yea, let them
tremble & perish together.

Let them fall into the
deepe pit and neuer bee
able to rise vp againe.

That they may know
thy name to bee the Lord
of hostes, onely mighty &
high, world without
end. Amen.

The 10. Psalme,

When the enemies be so
cruel that he can not
suffer them.

Haue

HAue mercy vppon me (O GOD) for mine enemy treadeth mee vnder his feet: he ceaſſeth not to aſſault mee, and to doe mee much greefe.

He alwayes coueteth to ſwallow me vp: for many there be that proudly brag and crake againſt me.

They gather themſelues together in corners: they watch my ſteppes, how they may take my ſoule in a trappe.

They be like vnto a Lyon that is greedy of his prey, and like a young Lyon, they priuily lie in wait for me.

They do beset my waies that I should not escape they look & stare upon me to take me in their snare. They haue prepared a net for my feet: they haue digged a deepe pit, that my soule might fall therein.

Make mee strong (O Lord God) by thy might & power: make my way perfect before thee:

Keepe my steppes continually in right pathes, least perchance my feet begin to slippe.

I am so vexed, that I am vtterly weary: helpe mee against them that lye in wait for me.

Make thy mercy to be mer-

meruailous in me : and deliuer my soule out of their handes.

Hide me from the company of the wicked, & frō the rage of them ẏ worke iniquity.

According to thy great mercy quicken me, that now in my sorrow I be not brought vnder the power of the enemy, which rageth against me. Send forth thy light and thy trueth, and they shall lead me into thy holy hill, and into thy tabernacles.

Instruct and teach my hands to battel: make my armes strong like a bow of steele.

Gird me with strength to battell: ouerthrow the that rise against mee.

Instruct me in the way, wherein I may walke: prouide for me by thy ouersight.

Cast downe mine enemies before my face and destroy the that hate me.

Least mine enemies ouercome me, & the companies of tirants ouerwhelm me.

Make my feet to bee stedfast: and my paths straight

They reioyce and be glad of my fall and declination: they be assembled together against me: they strike to kill me in the way before I may beware of them.

They

They curse and ban my words euery day: and all their thoughts be set to do me harme.

My life is as it were in the midst of fierce Lions: whose teeth bee like vnto speares: and their tongue like a sharp sword.

And who shall stand with me against all these: or who shal ouercome these workers of iniquity?

They shall flie and run away (O Lord) as soone as thou rebukest them, from the voyce of thy thunder, they shal run headlong.

Which lookest vpon the earth, & it wholy quaketh: which touchest the hils, &

they

they smoke: iudgmẽt pro-
cẽdeth frõ thy face, thine
eyes do approue equity.
Kẽpe me (O Lord) from
mine aduersaries and vn-
der the shadow of thy
wings defend me.
Iudge them that hurt me
fight against them that
fight with me.
Let them [goe backward
and haue ill luck] which
persecute me: put them to
shame that wil me hurt.
Make them to bee as
dust in the wind: and let
thy angel vexe and disqui-
et them.
Let them vanish away
like smoke: and as waxe
melteth with the heat of
the

the fire, so let them perish (O Lord) from thy sight and presence.

Beat them down, that they be not able to stand: neuer giue ouer til ỹ haue vtterly destroyed them.

Make their waies dark and slippy: and let thy Angel fiercely go vpon them.

And thou (O Lord God) haue mercy vpon me: send me help, and then I shall be able to resist them.

For I am weake and in sorrow, giue thou me health and saluation.

Let thy hand correct and chastise me: but deliuer me not to mine enemies.

My soule is filled with the

the scorning and derision that mine enemies haue at me, & with the dispitefulnes of the proud.

My soule is cleane discouraged within mee: it groaneth & fretteth in it selfe against me: yet will I trust in thee: for that I shall ertsoones giue thee thanks again for the help and saluation that thou sendest me.

For thy very truth now help me. O thou which art my health and the hope & cõfort of all regions of the earth, & of the maine sea. Which by thy power rulest from the beginning: thine eyes behold all things

What

What God is there but thou? who is so strong as thou our God.

In thy protection I will trust vntill iniquity bee passed and gone.

In thee, I shall be strong and sure for euermore.

The 11. Psalme,

Of confidence and trust in God.

O Lord, which art my light and my health: of whō shal I be afraid?

O Lord thou art the strength of my life: in thee I will euer trust.

For

For like as the Hart (when he is chased) coueteth to the riuers of waters: euen so (O Lord) my soule desireth to be w the. My soule thirsteth to be with thee: for with thee is the fountaine of life & recreation in aduersity.

Heere in this world is labour and paine, calamity and misery.

We haue battel daily with enemies: we haue no rest heere so long as wee liue.

But whensoeuer wee put our trust in thy help: then we shal bee sure by thy protection: saying vnto thee, thou art our defender,

fender, our refuge, and our God, and in thee we truſt.

Thou ſhalt deliuer me from the ſnares of the hunters: and from the perils of my perſecuters.

Thou ſhalt make a ſhadowe for me vnder thy ſhoulders: and vnder thy wings I ſhalbe harmleſſe.

Thy truth ſhall be my ſhield and buckler: and no euil ſhal approach nere vnto me.

And therfore if my enemies ſhall warre againſt me that they may deuour me wholly: yet I will not flee, nor turne my back.

Although neuer ſo ſtrong

G ene-

For like as the Hart (when he is chased) coueteth to the riuers of waters: euen so (O Lord) my soule desireth to be with thee. My soule thirsteth to be with thee: for with thee is the fountaine of life & recreation in aduersity.

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But whensoeuer wee put our trust in thy help: then we shal bee sure by thy protection: saying vnto thee, thou art our defender,

fender, our refuge, and our God, and in thee will trust.

Thou shalt deliuer me from the snares of the hunters: and from the perils of my persecuters.

Thou shalt make a shadowe for me vnder thy shoulders: and vnder thy wings I shalbe harmeles.

Thy truth shall be my shield and buckler: and no euil shal approach nere vnto me.

And therfore if my enemies shall warre against me that they may deuour me wholly: yet I will not flee, nor turne my back.

Although neuer so strong

enemies shall pitch their tents against mee, my heart shall not be afraid: if death suddainly come vpon me, in thee will I rest without feare.

Thou shalt hide me in thy tabernacle in the time of aduersitie, thou shalt hide me in some secret place of thy tent: thou shalt set me vpon a sure rocke.

Thou shalt lift me vp aboue mine enemies, beseeging me round about: and thou shalt deliuer me out of their hands.

If I shall walke in the midst of tribulation, thou shalt keepe me, and shalt

stretch

stretch forth thy hand a-gainst mine enemies: & thy right hand shall saue me.

O Lord, thou shalt do & bring to passe all things for me, thy mercy endureth euer: thou wilt not despise thy owne handy worke.

Thou shalt lead me out of the net, which mine enemies haue spred abroad to catch me in: thou shalt take me out of their pit.

O how great be the good things, which thou laiest vp in store for them that feare thee!

Which also thou shewest to them that trust in thee, euen in the sight of the children of men.

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O how great be the good things, which thou laiest vp in store for them that feare thee!

Which also thou shewest to them that trust in thee, euen in the sight of the children of men.

Thou hidest them in the secret place of thy countenance from trouble of enimies: and from their contentions.

O Lord, what a pretious treasure is thy goodnesse: and men shall trust in thy protection.

They shall be filled with the plentifulnesse of thy house: & thou shalt make them drinke of thy river of dainties.

They shal drinke with thée of the fountain of life: and in thy light they shall sée light.

Thy righteousnes is as the highest mountaines, and thy iudgements be like

like vnto the deep bottom lesse waters.

Thy mercy stretcheth vp to the heauēs: & thy truth ascendeth vp to the same.

O Lord God, thou hast euer from age to age been our refuge and succour.

Before the foundations of the earth were layd, without beginning and ending, thou art God.

O my God thou hast helped me euer from my youth: and vntil my old age, and last daies forsake me not.

I will acknowledge, that I haue all my strength of thee, for thou art my protection, my God, and my

Saviour.

And therfore what time soeuer I shal bee afraide, I will trust in thee.

What time soeuer I shal call vpon thee: I know that thou art my God.

Keepe thy mercy for me alwaies: and the couenant that thou hast made with mee, let it be surely performed.

And if I haue swarued from thy law, & not walked in thy iudgements.

If I haue broken thy statutes, & transgressed thy commandements.

Then with thy rod visite my offences: & with stripes correct my trespasses.

But

But take not thy mercy away from me, nor let not thy promise bee voide and of none effect.

Break not the couenant that thou hast made with mee, and change not that which hath issued out of the mouth.

For in thee (O God) our health & glorie dooth consist, thou art our helper, in whom we do trust.

And this is certain, that al they which trust in thée shall not be confounded.

For who is he that hath trusted in thée, and is confounded?

For thy names sake (O Lord) thou forgiuest our

sinnes, although they be many and greeuous.

Thou art a sure stay to them that dread thee, and shewest thē thy testament.

And vnto thee I cry (O Lord) and I beleeue that thou wilt saue me for thy great mercies sake.

Thou shalt redeeme my soule in peace from the wrath which is to come in the last day.

I will offer vp to thee sacrifice of laud & praise, & I will render vp my vowes to thee which art the highest. The wicked watch & lurke to destroy me; but I trust in thy mercy.

Thou art my protector and

and my buckler: my God my strength, my refuge and deliuerer.

I tarry and looke for help from thee (O Lord) blessed is that man that trusteth in thee.

O Lord what great pleasures thou hast prepared for me in heauen: that I should delight in no earthly thing but in thee.

My most pleasure is to cleaue fast vnto thee: and in thee to set my hope and trust.

I commit my spirit into thy hands: deliuer me from the powers of darknesse of this world.

Amen.

The

The 12. Psalme,

If God deferre to help long time.

O My God, my God, why forsakest thou me? why lookest not thou upon my necessitie?

Shall thy mercy faile for euer? will thou neuer be pleased more?

How long will thou be mis-contented with vs, O Lord? will thou kindle thine anger throughly as it were fire?

When wilt thou haue any regard to deliuer my soule? to deliuer my life from destruction of enemies

miss.

How long shal I cry: and thou wilt not heare: how long shal I make exclamation for very paine, & thou wilt not saue me?

O Lord God of hostes, how long wilt thou be angry with the prayers of thy seruante?

Come againe vnto me: (O God my Sauiour) & take away thine indignation against me.

When thou art turned (O Lord) thou shalt restore all things againe: and he that was in sauncte before, shal take ioy and comfort of thee.

Let thy hand be to helpe

man,

The 12. Psalme.

If God deferre to helpe long time.

O my God, my God, why forsakest thou me? why lookest not thou upon my necessities?

Shall thy mercy faile for euer? will thou neuer be pleased more?

How long will thou be mis-contented with me, O Lord? will thou kindle thine anger throughly as it were fire?

When wilt thou haue any regard to deliuer my soule? to deliuer my life from destruction of ene-

mies

mies.

How long shal I cry, and thou wilt not heare: how long shal I make exclamation for very paine, & thou wilt not saue me?

O Lord God of hostes, how long wilt thou be angry with the prayers of thy seruant?

Come againe vnto me (O God my Sauiour) & take away thine indignation against me.

When thou art turned (O Lord) thou shalt quicken all things againe, and he that was in sadnesse before, shal take ioy and comfort of thee.

Let thy hand be to helpe man,

man, which is thy handy worke, whom thou hast exalted and magnified to set forth thy glory.

Mine enemies liue welthily and are strong: and they which hate mee, encrease & go forward daily.

They dispraise and set at naught my counsaile, because I take God for my hope and comfort.

They say to me daily, thou trustest in God, let him deliuer thée: and saue thée: tis so be that he beare loue & fauor towards thée.

They leap at me as it were so many dogges: the companies of the wicked barke at mee: they befet my

my hands and feet round about.

O Lord, go not far away from me: thou art my strength: make speed to helpe me.

Deliuer my soule from death, turn my way from the rage of dogges.

Keepe mee out of the mouth of Lions: and saue me from the deepe lake.

Thou art holy and strong, & no man is able to resist thee: when thy anger is great and feruent.

Who shal not feare thee (O Lord:) or which of all princes shal not obey thee:

The earth trembleth & quaketh for feare of thine anger:

anger: and the people shall not be able to abide thy threatning.

Helpe mee, O Lord God my Sauiour: and for thy glory of thy name deliuer me: and forgiue mee my trespasses.

For I doe vtter and expresse mine iniquity vnto thee: and my sin grieueth me deepe fore.

Arise vp (O Lord) and helpe mee: and deliuer me for thy mercies sake.

O God, my refuge, and my strength, which hast beene euer a great help in tribulation.

Whom diddest receiue me into thy tuition, when I came

came out of my mothers
womb, and thou waſt my
helper, when I ſucked my
mothers breaſts.

I was left to thee as
ſoone as I was borne, euen
from my mothers wombe,
thou art my God.

Withdraw not thy ſelfe
farre away from me: for
tribulation is neare at
hand, and there is none
can helpe me.

Mine enemies compaſſe
me round about, my per-
ſecuters beſiege me on
euery ſide.

And I am feeble & weak
and ſore broken: the paine
of my heart maketh me to
groane and ſigh.

I am as the water that is cast forth: my strength is gone & vtterly dried vp, as it were a tile stone.

Haue mercy vpon me (O Lord,) haue mercie vpon me: and impute not my sinnes vnto me, which I haue done by folly.

Remember not my sins passed, let thy mercies preuent them: for I am in a marueleus wretched case.

I am wearied & cleane out-worne: and go mourning euery day.

And now (O Lord) what looke I after? verily my soul loketh to thee for help

Shew now and declare thy goodnesse to me, and with-

withhold not thy helpe from me.

My soule is replenished with troubles and aduersities and draweth nere vnto deathes doze.

I am in great pouerty and need: & my heart is sore troubled within me. Cast not me away in the time of my most necessity & now when my strength faileth me, faile not thou me, O LORD.

Deliuer me from mine enemies & make me not a mocking stocke to them that fell & raile vpon me.

Saue me from the deuouring Lions ready to deuoure, & from the hands of

of them that would haue
my life from me.

I do cry to the (O Lord)
for thou art my hope, and
my portion in the land of
liuers.

Bring my soule out of
prison, and set my feet in
a place wher I may walk
at libertie.

Turn not thy face away
from me, least I be made
like vnto them that dis-
cend into the pit.

Giue eare vnto my pray-
ers, for I am punished
and brought very low.

Deliuer mee from my
persecuters: for they bee
much stronger then I.

O Lord heare me spee-
dily,

dily, least my spirit faile within me.

Deliuer my seule out of trouble, and in thy mercy destroy al mine enemies. And make them to perish which should destroy me, for I am thy seruant.

Amen.

The 13. Psalme,

In which he giueth thanks to God, that his enemies haue not gotten the vpper hand of him.

I Will magnifie & praise thee (O Lord God) for thou hast exalted me, and let me vp: & my enemies haue not gotten

ten the vpper hand of me.
O Lord of hostes, I haue
cryed vnto thee: and thou
hast saued me.

Thou hast brought my
soule out of hel: thou hast
holden me vp frō falling
into the deepe lake, from
whēce no man returneth.
Thou hast not closed me
vp in the hands of mine e-
nemies: but thou hast set
my fēet in a place both
wide and broad:

I haue sought thee, and
thou hast heard me: thou
hast brought mee into li-
berty, out of great distres

Thou hast turned my
sorrow into gladnes: thou
hast ceased my mourning

and

and compassed me round about with mirth.

Thou hast declared thy great magnificence in helping thy seruant.

Thou hast done mercifully with me in my miseries.

Thou hast regarded the paine of the poore: thou hast not turned away thy face from me.

I will euer be singing and speaking of thy mercies: and I will publish to other thy fidelity & truth, so long as I shall liue.

My mouth shall neuer cease to speak of thy righteousnes, and of thy benefits: which be so manie, that

ỹ I cannot number them.
But I will giue thee thanks til death take me away: I wil sing in the prayse of thee, so long as I shal continue.
I will triumph and reioyce in thy mercy, for that thou hast loked vpon my necessities, and regarded my soule in my great distresse.
Thou hast bin my sure refuge, and the strength of my truste and hope.
I thanke thee LORD for thy goodnesse alway: and for thy exceeding mercy.
Thou hast bin my comfort in ỹ time of my trouble, thou hast been merci-

ful

ful vnto me (O Lord) and hast reuenged the wrongs that mine enemies haue done to me.

According to the multitude of the heauy thoughts, that I had in my minde, thy comforts haue cheered and lightned my heart.

Thou hast sent me now ioy for the daies wherein I was in sorrow, and for the yeers in which I suffered many a painefull sorme.

Thou hast called to remembrance the rebuke that thy seruant hath bin put to: and how furiously mine enemies haue persecuted me.

O Lord God of hosts, who may be compared vnto thee? thou art great and greatly to be praised.

Thou art high vpon al the earth, thou art exalted farre aboue all gods.

Glorie and honour before thy face: holines and magnificence in thy Sanctuary.

With iustice and iudgement thy roiall throne is stablished: mercy & truth go before thy face.

Blessed art thou (O Lord) which hast not holden backe thy mercy from thy seruant.

After that I had long looked for thee (O Lord,) at

at the last thou didest attend vnto me, and heardest my crie.

Thou hast taken me out of the lake of miserie, and set my feet vpon a rocke, and made my steps sure.

Thou hast giuen me my desire: I haue seene thy ioifull countenance.

Thou hast striuen at my aduersaries: and hast abated their strength.

Thou hast rebuked the rabblement of them that vexed me, & hast plucked me forth of their hands.

Thou hast cast them headlong into their owne pit: their feet bee wrapped in the net, which they

laide priuily for me.

Mine enimies are reculed backe: they are fallen down and destroied from thy sight.

Thou hast bin the poore mans defence, & his helper in tribulation, when most need was.

Thou hast done iudgement for mee: thou hast defended my cause against my accusers.

And although thou were very angry with mee a little while: yet now I line through thy mercie and goodnesse.

Verily I supposed with my self, that I was cleancast away out of thy fauor. But

But thou hast heard my prayers: and according to thy great mercy hast take me again into thy fauor.

O Lord of thine owne mynde and will thou hast giuen strength vnto my soule: but when thou hiddest thy face from me (O Lord,) how greatly was I astonied?

When I was in aduersity, then I cried vnto thee: and thou diddest answer me: when my soule was in great anguish and trouble, then (O Lord) I did remember thee.

I haue tasted and seene how sweet thou art: truelie blessed is that man

that trusteth in thee.

According to thy name, so is thy commendation & praise: but thy counsailes touching us, be without exãple, & greater thẽ can with words be expressed.

Dominion, power, and glory bee thine: for thou hast made al things: and because thy will is so they do stil continue.

Thy name be blessed, praysed & magnified both now and euer, and world without end. Amen.

The 14. Psalme,

In the which, the goodnes of God is praised.

O LORD, our gouernor, how wonderfull is thy Maiesty throughout the whole world: which hast set thy glory aboue all the heauens.

What is man that thou magnifiest him so greatly or the sonne of man that thou dost visit him?

O Lord, thou art great and much to be praised in thy holy hil.

Praise be vnto thée (O Lord God,) let our vowes made to thée, be alwaies performed.

Confession and magnificence are thy workes: e

thy righteousnesse continueth for euermore.

Thou hast done many things (O Lord God,) both meruailous & great: and there is none that can bee like vnto thee in thy workes.

Thy waies be iust and true, who will not feare and dread thee, and magnifie thy name?

I thank thee (O lord god) with al my heart: & I wil hallow thy name for euer.

O Lord thou art my strength & my praise: thou hast brought down mine enimies which art a iudge euen from the beginning.

Thy right hand is exceeding

ding strong: thy right hād
worketh many great acts

Thine arme is mightie
& strong, & because it hath
pleased thee: & hast streng-
thened mine infirmitie.

I will praise thy great
and dreadfull name: for it
is holy.

Although I haue fallen,
yet I am not crushed in
peeces: for thou hast su-
stained my hand.

I haue opened & shewed
my way vnto thee: and in
thee I haue trusted, and
thou at length hast ac-
complished my desires.

Thou hast broken the
heads of mine enemies, &
hast made them to stoup:

which walked proudly in their sinnes.

Thou hast dominion ouer their power, & when they be exalted and set aloft in their waies, thou abatest their courage, and destroiest them with thy mighty arme.

In thy name I wil euer reioice, and in thy mercie is all my glorie.

Thou louest righteousnesse and iudgement: the earth is replenished with thy mercie.

Thy eie loketh fauorably vpon them that dread thee, & trust in thy mercie.

There shal no good thing be lacking to the that seek thee,

thee, & they that feare thee shall not be helplesse.

For thou dost order their waies, & hearest them when they crie vnto thee.

That thou maist deliuer their soules from death: & swage their paines when they be grieued.

For thou helpest them, whose hearts bee broken with sorrow: & bearest vp with thy hand them that be contrite in spirit.

Thou sauest the soules of thy seruants, and all they that trust in thee shal not be destroied.

Wherefore my tongue shall sing thy praise (O Lord God) I will alwaies magnifie

magnifie thee.

I will loue thee (O Lord) which art my strength, my stay, my might, my Sauiour, and my refuge.

My God, my defender & my buckler, the strength of my saluation, and my supporter.

After that I had called vpon thee with due laude and praise, thou hast saued me from mine enemies.

When I was in trouble I called vpō thee, thou hast heard my voice out of thy holy temple, & my cry hath entred vp into thine eares.

Thou hast saued me from mine aduersaries, that rose vp against me:

thou

thou hast deliuered me from wicked enemies.

Thou hast taken mee from the cõpany of euill men, and mine eye hath seene vpon mine enmies the things that I desired.

And therfore if it should fortune me to passe thorow the darke pale of death: I wil go without feare: for thou wilt bee with me, thy rod and thy staffe shal comfort me.

Thou shalt deliuer me from tribulation: thou shalt keepe me from them which seek to destroy me.

Mine eies be vpon thee (O Lord) for thou shalt bring my feet forth of the snare.

Vnto

Unto thée (O Lord God) I wil performe my vowes, I will giue thée thankes both now and euermore, and world without end. Amen.

The 15. Psalme,

of the benefits of God, *with thankes for the same.*

My soule praiseth thée (O Lord) and al that is within me praiseth thy holy name.

My soule giueth thee humble thanks, & thy benefits I wil neuer forget.

Which

Which forgiuest al my sinnes: and healest al my infirmities.

Which hast saued my life from destruction: and shewed in me thy grace and mercy.

Which hast satisfied my desire with good things, and shalt once restore my youth againe.

Thou hast intreated me mercifully at al times, and hast reuenged me of mine enemies.

Thou hast bin a defence to me (O Lord) & a sure foundation of my wealth.

Thou hast guided me vp thy counsel, and taken me to thee, through thy mercy.

Thou

Thou hast many waies declared in mee thy great might and powrr, and after thine anger hath bẽn past, thou hast turned againe and comforted me.

Thou hast sent me many grieuous troubles, but at the length thou hast brought me out of the bottomlesse dẽpnesse.

Thou hast made mee priuy to thy waies, and hast not hid thy counsails from me.

Thou art full of mercy & grace (O Lord,) slow to wrath, & ready to gwones.

Thy displeasure lasteth not alway, & thou keepest not backe thy mercies in

thine

thine anger for euer.

Thou rewardest vs not according to our sinnes, nor punishest vs according to our deserts.

Look how hie the heauen is, in comparison of the earth: so great is thy mercy toward vs.

How far as the east is distant from the west: so farre (O Lord) remouest our sinnes from vs.

Like as a natural father hath pitie vpon his children: euen so (O Lord God) thou hast had compassion vpon vs.

Thou hast not forgotten thy creature: thou remembrest that we are fleshly,

yea all men liuing.

And that the age of men is like vnto graſſe, and may bee compared to the flowers in the field.

Which as ſoone as the ſharpe wind hath blowen vpon the with his blaſts, wither away and die, ſo that no man can tel where they did grow.

But thy mercy (O Lord) and thy louing kindnes is alwaies vpon them that feare thee: and thy righteouſnes endureth for euer.

So that we keep our promiſe and couenant with thee: and ſo remember thy commaundements, that we do them indeed.

O Lord thou haſt eſtabliſhed thy throne in heauen: & thou gouernſt al things by thy imperiall power.

I will magnifie thee (O God) and praiſe thy name world without end.

I will giue thee thanks alway, & make thy name glorious for euer.

O Lord, thou art puiſſant & great, and thy magnificence is vnſearchable.

One generatiõ ſhal ſhew to another thy works, and they ſhall declare thine antient noble acts.

They ſhal euer praiſe the magnificence of the glorie of thy holineſſe, & the memory of thy great goodnes

For

For thou art good & gracious to all men, & thy mercy exceadeth all thy workes.

The eyes of all men behold and wait vpon thee: that thou shouldest giue them their sustenance in time conuenient.

Thou openest thy hand, & fillest euery liuing creature with food necessarie.

O Lord, thou art righteous in all thy waies, and holy in all thy deedes.

Thou keepest al them y loue thee, & the torment of malice shal not touch thē.

My mouth shall speake thy glory & praise, & all liuing creatures shal honor thy holy name for euer.

Praise

Praise the Lord, O ye his Angels mighty in power, which do his commandements, and obey the voice of his word.

Praise ye al together God, O ye al his hostes, you his ministers, that do his wil and pleasure.

Praise the Lord, as I do. and let vs magnifie his name together.

Praise the Lord, O yee all his Saints: for his name is glorious, and his praise goeth aboue both heauen and earth.

Praise the Lord togither, O ye, al his works, euery thing that liueth praise the Lord. Amen.

Finis xv. Psalmorum.

The 21. Psalme, of Dauid.

The complaint of Christ on the Crosse.

MY God, my God why hast thou forsaken mee? it seemeth that I shall not obtaine deliuerance, though I seeke for it with loud cries.

My God, I wil cry all the day long, but thou wilt not answer: and all the night long, without taking any rest.

The meane time thou most

most holiest, remest to sit still, not caring for the things that I suffer: which oft hast helped me heretofore, and hast giuen to thy people Israel sufficient argument and matter to prayse thee with songs, wherewith they haue giuen thanks to thee for thy benefits.

But forefathers were wont to put their trust in thee, and as often as they did so, thou diddest deliuer them.

As oft as they cried for helpe to thee, they were deliuered: as oft as they committed themselues to thee, they were not put

to

to any shame.

But as for me, I seeme rather to be a worm then a man: the dunghil of Adam: the outcast of the vulgar people.

As many as haue seene me: haue laughed me to scorne, and reuiled me, & shaking their heads in derision at me: they call me in the teeth, saying:

He is wont to boast and glory, that he is in great fauor with God: wherefore let God now deliuer him, if he loue him so wel. By thy procurement (O Lord) I came out of my mothers womb: and thou gauest me good comfort:

euen

euen when I sucked my mothers breasts.

Through thy means I came into this world: and as soone as I was borne, I was left to thy tuition: yea, thou wast my God, when I was yet in my mothers wombe.

Wherefore go not far away from mee: for danger is euen now at hand, and I see no man that will help me.

Many bulls haue closed me in, both strong & fat, they haue compassed me round about.

They haue opened their mouth against mee like vnto a lion, that gapeth vpon

vpon his prey, and roareth for hunger.

I am powred out like water, and al my limmes lossed one from another, & my heart is melted within me as it were waxe.

All my strength is gone and dried vp like vnto a tile stone, my tongue cleaueth vnto the roofe of my mouth: and at the last I shal be buried in the earth as the dead be wont.

For dogges haue compassed me round about: & the most wicked haue conspired against mee, they haue made holes through my hands and feete.

I was so vngently intrea-

treated of them, that I might easily number all my bones, and after al the paine & torment that they did to me, with grieuous countenance they stared and looked vpon me.

They diuided my clothes among them, and cast lots for my coate.

Wherefore Lord, I beseech thee, go not far from me, but forasmuch as thou art my power and my strength, make haste to helpe me.

Deliuer my soule from danger of the sword, and keepe my life destitute of all mens helpe, from the violence of the dogge.

Saue mee from the mouth of the Lion, and take me from the hornes of the vnicornes.

I will shewe vnto my brethren the maiestie of thy name: and when the people is most assembled together, I will praise and set forth thy most worthy acts and deeds.

All that worthip ỹ Lord, praise him, all the posterity of Iacob, magnifie him, all ye that be of the stocke of Israel, with reuerence serue and honour him.

For he hath not despised nor set at naught the poor man, because of the miserie, nor hee hath not dis-

dai-

vainefully turned away his face from him, but rather as sone as the powre man cried to him for help he heard him by and by.

I wil praise thee with my songs openly in a multitude of people, and I wil perform my vowes in the sight of them that honour thee.

The powre shal eate and be satisfied: they shall praise the Lord, that study to please him: & as many of you as continue still, such, your harts shal liue.

All the ends of the world shal consider these things & be turned to the Lord: and all heathen nations

shal submit themselues and do homage vnto thee.

For the Lord hath a power royal, and an imperial dominion ouer the heathen.

The most mighty and greatest of al them that dwel in the earth, haue eaten, and after that they haue tasted the spiritual gifts of the Lord, they haue submitted thēselus, & made humble sute vnto him: yea & al the dead: which are buried in the earth, shal kneele & make reuerence in his honour, because he hath not disdained to spend his owne life for them.

They

The Queenes Prayers. Or, Meditations:

Wherein the minde is stirred to suffer all afflictions here, to set at naught the vaine prosperity of this world, and alway to long for the everlasting felicity.

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Coloss. 4.

If yee bee risen againe with CHRIST, seeke the things which are aboue, where Christ sitteth on the right hand of God: Set your affection on things that are aboue: not on things which are on the earth.

Prayers.

MOST benigne Lord Jesu, grant me thy grace that it may alwaie worke in me, and persuere with mee vnto the end.

Grant me, that I may euer desire and will that which is most pleasant, & most receptable to thee.

Thy will be my will, and my will bee to follow al-

alway thy will.

Let there be alway in me one wil, and one desire with thee, and that I haue no desire to will, or not to will, but as thou wilt.

Lord thou knowest what thing is most profitable and most expedient for me

Giue therefore what thou wilt, as much as thou wilt, and when thou wilt.

Do with me what thou will, as it shal please thee and as shal bee most to thine honour.

Put mee where thou wilt, & freely do with mee in al things after thy wil.

Thy

Thy creature I am, and in thy hands, lead & turne me where thou wilt.

Lo, I am thy seruant, ready to do all things that thou commaundest: For I desire not to liue to my selfe, but to thee.

Lord Iesu, I pray thee grant mee grace, that I neuer set my heart on the things of this world, but that all worldly and carnall affections may vtterly die and be mortified in me.

Graunt mee aboue all things, that I may rest in thee, and fully quiet and pacifie my heart in thee.

For thou Lord art the very

very true peace of heart, and the perfect rest of the soule, and without thee, all things be grieuous and vnquiet.

My Lord Iesus, I beseech thee, bee with mee in euery place, and at all times, and let it be to me a speciall solace, gladly for thy loue to lacke all worldly solace.

And if thou withdraw comfort from me at anie time: keep me (O Lord) from desperation, & make me patiently to abide thy will and ordinance.

O Lord Iesu, thy iudgements bee righteous, and thy prouidence is much bet-

better for me, then al that I can imagine or deuise.

Wherefore do with me in al things as it shall please thee: for it may not be but wel, al that thou doest.

If thou wilt that I be in light, be thou blessed, if thou wilt that I be in darkenesse, be thou also blessed.

If thou vouchsafe to comfort me, be thou highly blessed: If thou wilt I liue in trouble, and without comfort, be thou likewise euer blessed.

Lord, giue me grace gladly to suffer whatsoeuer thou wilt shall fall

vpon

vpon me, and patiently to take it at thy hand, good and bad, bitter & sweet, ioy and sorrow: and for al things that shal befal vnto mee, heartily to thanke thee.

Keepe me Lord from sinne, and I shal then neither dread death nor hel.

O what thankes ought I to giue vnto thee, which hast suffred the grieuous death of the Crosse, to deliuer me from my sinnes, and to obtain euerlasting life for me.

Thou gauest vs most perfect example of patience, fulfilling and obeying the wil of thy Father:

euen

euen vnto the death.

Make me wretched sinner obediently to vse my selfe after thy wil in all things, and patiently to beare the burthen of this corruptible life.

For though this life be tedious, and as an heauy burthen to my soule: yet neuertheless through thy grace, and by example of thee, it is now made much more easie & comfortable then it was before thy incarnation and passion.

Thy holy life is our way to thee, and by following of thee, we walke to thee, that art our head and Sa-

niour:

uiour: and yet except thou haddest gone before, and shewed vs the way to euerlasting life, who would endeuour himselfe to follow thee: seeing we be yet too slow and dull, hauing the light of thy blessed example and holy doctrine to lead and direct vs.

O Lord Iesu make that possible by grace, ỳ is to me impossible by nature. Thou knowest wel that I may little suffer, & that I am anon cast downe, and ouerthrowne with a little aduersity: wherfore I beseech thee, O Lord, to strengthen me with thy

thy spirite, that I may willingly suffer for thy sake all maner of trouble and affliction.

And I will acknowledge vnto thee all mine vnrighteousnesse, and I will confesse to thee all the vnstablenes of my heart.

Aduersities a very little thing troubleth me sore, and maketh me dull and slow to serue thee.

And sometime I purpose to stand stronglye, but when a little trouble commeth, it is to mee great anguish and griefe, and of a right little thing ariseth a grieuous temptation to me.

Yea,

Yea, when I think my selfe to be sure and strong, and that (as it seemeth) I haue the vpper hand: suddenly I feele my selfe ready to fall with a little blast of temptation.

Behold therefore good Lord my weakenesse, and consider my frailenes best knowen to thee.

Haue mercy on me, and deliuer mee from all iniquitie and sinne, that I be not entangled therewith.

Oftentimes it grieueth me sore, and in maner confoundeth mee, that I am so brittable, so weake, and so fraile, in resisting sinfull motions.

Which

Which although they drawe mee not alwaie to consent, yet neuerthelesse their assaults be very grieuous vnto me.

And it is tedious to me to liue in such battaile, albeit I perceiue that such battell is not vnprofitable vnto me.

And thereby I knowe the better my selfe, and mine owne infirmities, and that I must seeke helpe onely at thy hands.

O Lord God of Israel, the louer of all faithfull soules, vouchsafe to behold the labor and sorrow of me thy poore creature.

Assist mee in all things

with thy grace, and so strengthen mee with heauenly strength, that neyther my cruell enemie the feend, neither my wretched flesh which is not yet subiect to the spirite, haue victorie or dominion ouer me.

O what a life may this be called, where no trouble nor miserie lacketh, where euerie place is full of snares of mortall enemies.

For one trouble or temptation ouerpassed, an other commeth by and by and the first conflict yet during a new battell sodainly ariseth.

Where-

Wherefore Lord Jesu I pray thee giue me the grace to rest in thee aboue al things; and to quiet me in thee aboue al creatures, aboue al glory and honour, aboue al dignity and power, aboue all cunning and politry, aboue al healthy and beauty; aboue al riches and treasure, aboue al ioy & pleasure, aboue al fame and praise, aboue al mirth and consolation, that mans heart may take or feele beside thee.

For thou Lord God art best, most wise, most high, most mighty, most sufficient, and most ful of

al goodnesse, most sweet, & most comfortable, most faire, most louing, most noble, most glorious, in whom al goodnesse most perfectly is.

And therefore whatsoeuer I haue beside thee, it is nothing to me: for my heart may not rest, ne fully be pacified but only in thée.

O Lord Iesu, most louing spouse, who shal giue me wings of perfect loue, that I may flie vp from these worldly miseries, and rest in thée?

O when shal I ascend to thée, and see and feele how sweet thou art?

When

when that I wholy gather my selfe in thee, so perfectly, that I shal not for thy loue feele my self, thee only aboue my selfe, & aboue al worldly things that thou mayest vouchsafe to blisse me in such wise as thou doest visite thy most faithful louers.

How I often mourne and complaine of the miseries of this life, & with sorrow and great heauinesse suffer them.

For many things happen daily to me, which oftentimes trouble me, make me heauy, and darken mine vnderstanding. They hinder me greatly

and put my minde from thee, and so encomber me many waies, that I can not freely and cleerely desire thee, ne haue thy sweet cõsolations, which with thy blessed Saints be alway present.

I beseech thee, Lord Iesu, that the sighings & inward desires of my heart may moue and incline thee to heare me.

O Iesu, King of euerlasting glory, the ioy and comfort of al Christian people, that are wandring as pilgrims, in the wildernesse of this world: my heart crieth to thee by stil desires, and my silence spea-

speaketh vnto thee, and sayth: how long tarrieth my Lord God to come to me.

Come, O Lord, and visit mee: for without thee I haue no true ioie, without thee, my soule is heauy and sad.

I am inprison & bounden with fetters of sorow, til thou (O Lord) with thy gratious presence vouchsafe to visit me, & to bring me againe to libertie and ioy of spirit, & to shew thy fauourable countenaunce vnto me.

Open my heart Lord, that I may beholde thy lawes and teach mee to

walke in thy commaundements.

Make me to know and follow thy will, & to haue alwaies in my remembrance thy manifold benefits, that I may yeld due thanks to thee for them.

But I acknowledge and confesse for truth, that I am not able to giue thee condigne thankes for the least benefit that thou hast giuen me.

O Lord, all giftes and vertues that any man hath in body or soule, naturall or supernaturall be thy giftes, and come of thee, and not of our selfe, and they declare the great

riches

riches of thy mercie and goodnesse vnto vs.

And though some haue mo gifts then other, yet they al proceed from thee, and without thee the least cannot be had.

O Lord, I account it for a great benefit, not to haue many worldly gifts, whereby the land & praise of men might blinde my soule, and deceiue me.

Lord, I know that no man ought to bee abashed or discontent, that he is in a lowe estate in this world, & lacketh the pleasures of this life, but rather to bee glad and reioice thereat.

For

Forsomuch as thou hast chosen the poore and meek persons, and such as are despised in the world, to be thy servants and familiar friends.

Witnesse bee thy blessed Apostles, whom thou madest chief Pastors and spirituall governours of thy flock, which departed from the counsaile of the Jewes, reioicing that they were counted worthy to suffer rebuke for thy name.

Even so O Lord, grant that thy servant may bee as well content to bee taken as the least, as other be to the greatest, and that I be as well pleased to bee in

in the lowest place, as in the highest, and as glad to be of no reputation in the world for thy sake, as other are to be noble and famous.

Lord, it is the work of a perfect man, never to sequester his minde from thee, and among many worldly cares, to get without care: not after the maner of an idle or a dissolute person, but by the prerogative of a free mind, alway minding heavenly things, and not by inordinate affection to any creature.

I beseech thee therfore my Lord Jesu, keepe me from

fro the superfluous cares of this world, that I bee not inquieted with bodily necessities, ne that I be not taken with the voluptuous pleasures of the world, ne of the flesh.

Preserue me from al things which hinder my soules health, that I be not ouerthrowne with them.

O Lord God, which art sweetnesse unspeakable, turne into bitternesse to me al worldly & fleshly delights, which might draw me from the loue of eternal things, to the loue of shorte and vile pleasure.

Let not flesh and bloud quer-

ouercome me, ne yet the world, with his vaine glory deceiue me, nor the feend, with his manifold crafts supplant me: but giue me goostly strength in resisting them, patience in suffering them, and constancy in persecuering to the end.

Giue me for all worldly delectations, the most sweet consolation of thy holy spirit: for all earthly loue, inuade my soule with feruent loue of thee.

Make me strong inwardly in my soule, and cast out therout all vnprofitable care of this world, that I be not led by vnstable

stable desires of earthly
things, but that I may re-
pute al things in this
world (as they be) transi-
torie, and soone vanishing
away, and my selfe also
with them, drawing to-
ward mine end.

For nothing vnder the
sunne may long abide, but
al is vanity and affecti-
on of spirit.

Giue me, Lord there-
fore heauenly wisdome,
that I may learne to seek
and finde thee, and aboue
al things to loue thee.

Giue me grace to with-
draw me from them that
flatter me, and patiently
to suffer them, that vn-
iustly

iustly griens me.

Lord when temptation or tribulation commeth, vouchsafe to succour mee, that all may turne to my ghostly comfort, and patiently to suffer, & alway to say, Thy name be blessed.

Lord, trouble is now at hand, I am not well, but I am greatly vexed with this present affliction, O most glorious Father, what shall I do? anguish and trouble are on euerie side, helpe now I beseech thee in this houre, thou shalt bee landed and praysed: when I am perfectly made mecke before thee, and when I am cleerely

de-

deliuered by thee.

Pray it therefore please thee to deliuer mee, for what may I most sinfull woreteh vs? or where may I go for succor but to thee?

Giue me patience now at this time in all my trouble, helpe me, Lord God, and I shall no feare no dread, what troubles soeuer fall vpon me.

And now what shall I say, but that thy will be done in me: I haue deserued to be troubled & grieued: and therefore it behoueth, that I suffer as long as it pleaseth thee.

But would to God that I might suffer gladly, till

the

the furious tempests were ouer-passed, and that quietnes of heart might come againe.

Thy mighty hand Lord is strong enough to take this trouble from me, and to allwage the cruell assaults thereof, that I bee not ouercome with them, as thou hast oftentimes done before this time, that when I am clearly deliuered by thee, I may with gladnesse say:

The right hand of him that is highest, hath made this change.

Lord graunt mee thy singular grace, that I may come thither, where no crea-

creature shall let me, nor keepe me from the perfect beholding of thee.

For as long as any transitorie thing keepeth mee back, or hath rule in mee, I may not freely accord to thee.

O Lord without thee, nothing may long delight or please me: For if anie thing should be liking and sauory, it must be through help of thy grace, sealoned with the spice of thy wisedome.

O euerlasting light, farre passing all things, send downe the beames of thy brightnesse from aboue, and purifie and lighten

ten the inward partes of my heart.

Quicken my soule, and al the powers therof, that it may cleaue fast, and be ioyned to thee in ioyfull gladnesse of ghostly ranishings.

O when shal that blessed houre come, that thou shalt visit me, and glad me with thy blessed presence, when thou shalt be to me al in al: verily vntil that time come there can be no perfect ioy in me.

But alas, mine old man, that is my carnal affections line stil in me, and are not crucified nor perfectly dead.

For

For yet fighteth the flesh against the spirit, and moueth great battel inwardly against me, and suffereth not the kingdom of my soule to liue in peace.

But thou good Lord, that hast the lordship ouer all, and power of the sea, to allwage the rages and surges of the same, arise and helpe me, destroy the power of mine enemies: which alwaies make battel against me, shew forth the greatnesse of thy goodnesse, & let the power of thy right hand be glorified in me.

For there is to me none other hope nor refuge, but in

in thée only my Lord, my God: to thée be honour and glory euerlasting.

O Lord, grant me, that I may wholly resigne my selfe to thée, & in all things to forsake my self, and patiently to beare my crosse, and to follow thée.

O Lord, what is man, that thou vouchsafest to haue minde of him: and to visite him?

Thou art alway one, alway good, alway righteous, and holy, iustly and blessedly disposing all things after thy wisedome.

But I am a wretch, & of my selfe alway ready and

and prompt to will, and doe neuer abide in one state, but many times do vary and change.

Neuertheless, it shal be better with me, when it shal pleare thee for thou O Lord onely art he that maiest help me, and thou maiest so confirme and stablish me, that my heart shal not be changed from thee, but be surely fixed, and finally rest and be quieted in thee.

I am nothing els of my selfe but vanity, before thee an inconstant creature & a feeble: and therefore, wherof may I rightfully glory? why should

I looke to be magnified:

Whoso pleaseth himself without thee, despiseth thee, & hee that delighteth in mens praisings, loseth the true praise before thee.

The true praise is to be praised of thee: & the true ioy is to reioice in thee.

Wherefore thy name (O Lord) be praised, and not mine.

Thy workes bee magnified and not mine, and thy goodnesse bee alwaies lauded and blessed.

Thou art my glorie, and the ioy of my heart, in thee shall I glory and reioice, and not in my selfe, nor in any worldly

honor

honourable dignities, which to thy eyes shall glory compared, is but a shadowe and a very vanity.

O Lord, we lie here in great darkenesse, and are soone deceiued with the vanities of this World; and, ere we be grieued with a little trouble, yet if I could behold my self well, I should plainly see, that what trouble soeuer I haue suffered, it hath iustly come vpon me, because I haue often sinned, and grieuously offended thee.

To me therefore confusion & dispite is due: but to thee, laud honor and glory.

Lord send me helpe in my

my troubles, for mans helpe is little worth.

How often haue I been disappointed, where I thought I should haue found friendship? And how often haue I found it whereas I least thought?

Wherfore it is a vaine thing to trust in man: For the true trust and health of man is onely in thee.

Blessed bee thou Lord therfore in all things that happeneth vnto vs, for we be weake and vnstable, soone deceiued, and soone changed from one thing to another.

O Lord God most righteous Judge, strong and

patiēt, which knowest my frailtie & malice of mon, be thou my whol strength and comfort in all necessities: for mine owne sufficience (Lord) sufficeth not.

Wherfore to thy mercy I doe appeale; seeing no man may be iustified, ne appeare righteous in thy sight, if thou examine him after thy iustice.

O blessed mansion of thy heauenly city! O most clearest day of eternity, whom ȳ night may neuer darke.

This is the day alway cleere & merry, alway sure, & neuer changing his state

Would to God this day might shortly appeare and shine

shine vpon vs, and that these worldly fantasies were at an end.

This day shineth clearly to thy Saints in heauen, with euerlasting brightnesse: but to vs pilgrims in earth it shineth obscurely, and as through a mirror or glasse.

The heauenly citizens know how ioyous this day is: but we but-lawes, the children of Eue, weep and waile the bitter tedi-ousnesse of our day, that is of this present life, short and euil, full of sorrow and anguish.

Where man is often-times defiled with sinne,

incombred with afflicti-
on, inquieted wt troubles,
& wrapped in cares, busi-
ed with vanities, blinded
with errors, ouercharged
with labors, vexed
with temptations, ouer-
come with vaine delights
& pleasures of the world,
& grieuously tormented
with penury and need.

O when shal the end
come of al these miseries?

When shal I be cleere-
ly deliuered from the bon-
dage of sinne?

When shal I (Lord) haue
only mind on thee, & fully
be glad & merry in ther.

When shal I be free
without letting, and bee
in

in perfect liberty without griefe of body and soule.

When shal I haue peace without trouble: peace within & without: and on euery side stedfast & sure?

O Lord Iesu, when shal I stand and behold thee? and haue ful sight & contemplation of thy glory.

When shalt thou be to me al in al? and when shal I be with thee in thy kingdome, that thou hast ordained for thine elect people from the beginning.

I am left here poore, and as an outlaw, in the land of mine enemies, where daily be battailes and great misfortunes.

Comfort mine exile, assswage my sorow, for almy desire is to be with thee.

It is to mee an vnpleasant burthen, what pleasure soeuer the world offereth me here.

I desire to haue inward fruition in thee, but I can not attaine thereto.

I couet to cleaue fast to heauenly things, but worldly affections pluck my mind downeward.

I would subdue al euil affections, but they daily rebel and rise against me, and wil not be subiect vnto my spirit.

Thus I wretched creature fight in my selfe, and

am grieuous to my selfe, while my spirit desireth to be vpward, and contrary, my flesh draweth mee downeward.

O what suffer I inwardly? I goe about to minde heauenly things, and straite a great rabble of worldly thoughts rush into my soule.

Therefore Lord, be not long away, ne depart not in thy wrath from me.

Send mee the light of thy grace, destroy in me all carnall desires.

Send forth the hot flames of thy loue, to burne & consume the cloudie fantasies of my mind.

Gather (O Lord) my wits & the powers of my soule together in thee, and make mee to despise all worldly things, & by thy grace strongly to resist and ouercome all motions and occasions of sinne.

Helpe me, thou euerlasting truth, ẏ no worldly guile nor vanity hereafter haue power to deceiue me.

Com also thou heauenly sweetnes, and let al bitternes of sin fly far from me.

Pardon me, and forgiue me as oft as in my prater my mind is not surely fixed on thee.

For many times I am not there, where I stad, or sit:

sit: but rather there whi-
ther my thoghts cary me.
For there I am, where
my thoghts be, & there as
customably is my thought:
there is that that I love.
And that oftentimes co-
meth into my minde, that
by custom pleases me best
and that delighteth me
most to think upon.
Accordingly as thou
dost say in thy Gospell:
where as a mans treasure
is, there is his heart.
Wherefore if I love hea-
uen, I speak gladly ther-
of, and of such things as
bee of God, and of that
that appertaineth to his
honour, and to the glorifi-
ing

ing of his holy name.

And if I loue the worlde, I loue to talke of worldly things, and I ioy anon in worldly felicitie, and sorrow and lament sone for worldly aduersitie.

If I loue the flesh, I imagine oftentimes that that pleaseth the flesh.

If I loue my soule, I delight much to speake and to heare of things, that be for my soules health.

And whatsoeuer I loue, of that I gladly heare and speak, & beare the images of them still in my minde.

Blessed is that man, that for the loue of the Lord letteth not by the pleasures of

of this world, and learneth truly to ouercome himselfe, and with the fauor of spirit, crucifieth his flesh, so that in a cleane & a pure conscience, he may offer his prayers to thee, & be accepted to haue company of thy blessed Angels, al earthly things excluded from his heart.

Lord, and holy Father, be thou blessed now and euer: for as thou wilt, so it is done, and that thou doest, is alway best.

Let me thy humble & vnworthy seruant, ioy only in thee, & not in my self, ne in any thing els beside thee.

For thou Lord, art my glad-

gladnesse, my hope, my crowne, and al my honor.

What hath thy seruant but that he hath of thee, & that without his desert.

Al things be thine, thou hast created & made them.

I am poore, & haue bin in trouble and paine, euer from my youth, & my soule hath been in great heauinesse through manifold passions, that come of the world, and of the flesh.

Wherfore Lord, I desire that I may haue of thee, the ioy of inward peace.

I aske of thee, to come to that rest, which is ordained for thy chosen childre that be vsed and norished

with

with the light of heauenly comforts: for without thy help I cannot come to thee.

Lord giue me peace, giue me inward ioy, and then my soule shall be full of heauenly melody, & be deuout and feruent in thy lauds and praising.

But if thou withdraw thy self from me (as thou hast sometime done) then may not thy seruant run the way of thy commandements as I did before.

For it is now with me, as it was when y lantern of thy ghostly presence did shine vpon my head, and I was defended vnder the

shadow

shadow of thy wings from al perils & dangers.

O merciful Lord Jesu, euer to bee praised, the time is come that thou wilt proue thy seruant, & rightful is it, that I shal suffer somewhat for thée.

Now is the houre come, that I shall knowne from the beginning, I thy seruant for a time should outwardly be set at naught, & inwardly to leane to thée.

And that he should be despised in the sight of the world, & bee broken with affliction, that he may after arise with thee in a new light, & be clarified and made glorious in thy king-

kingdome of heauen.

O holy Father thou hast ordained it so to be, & it is done as þ hast commanded.

This is thy grace (O Lord) to thy friend, to suffer him to be troubled in this world for thy loue, how often soeuer it be, & of what person soeuer it be, & in what manner soeuer thou wilt suffer it to fall vpon him: for without thy will or sufferance, what thing is done vpō þ earth?

It is good to me (O Lord) þ thou hast humbled me, that I may therby learne to knowe thy righteous iudgments, & to put from me all maner of presumption,

tion, & statelines of heart.

It is very profitable for me that confusion hath couered my face, that I may learne thereby rather to seeke to thee for helps and succour then to man.

I haue thereby learned to dread thy secret & terrible iudgements, which scourgest the righteous with the fiance, but not without equitie & iustice.

Lord, I yeeld thanks to thee, that thou hast not spared my sinnes, but hast punished mee with scourges of loue, and hast sent me afflictions and anguishes within and without.

Poor creature under heauen

uen may comfort me, but thou (Lord God) the heauenly leech of mans soule, which strikest and healest, which bringest a man nigh vnto death, and after restorest him to life again, that he may thereby learne to know his owne weaknesse and imbecility, and the more fully to trust in thee (Lord).

Thy discipline is laide vpon me, and the rodde of correction hath taught me, and vnder that rodde I wholy submit me.

Strike my back and my bones as shall please thee, and make me so bowe my crooked will vnto thy will.

Make

Make me a meeke and an humble Disciple, as thou hast sometime done with me, that I may walk after thy will.

To thee I commit my selfe to bee corrected: for better it is to be corrected by thee here, then in time to come.

Thou knowest al things & nothing is hid from thee, what is in mans conceite.

Thou knowest al things to come before they fall, & it is not needfull, that any man teach thee, or warne thee of anie thing that is done vpon the earth.

Thou knowest what is profitable for me, and how much

much tribulations helpe to purge away the ruſt of ſinne in me.

Do with me after thy pleaſure, I am a ſinful wretch, to none ſo wel knowne as to thee.

Grant me (Lord) that to know to that is neceſſary to be knowen: that to loue that is to be loued: that to deſire that pleaſeth thee: that to regard that is pretious in thy ſight: e that to refuſe that is vile before thee.

Suffer me not to iudge thy myſteries after my outward ſenſes, ne to giue ſentence after the hearing of the ignorance, but by true

true iudgement to discern things spiritual, and aboue all things, alway to search and follow thy will and pleasure.

O Lord Iesu, thou art all my riches, and all that I haue, I haue it of thee.

But what am I, O Lord, that I dare speak to thee? I am thy poore creature, and a worme more abiect. Behold, Lord, I haue nought, and of my selfe I am nought worth, thou art onely God, righteous and holy, thou ordereſt all things, thou guideſt all things, and thou fulfilleſt all things with goodneſſe. I am a ſinner, barren, and

and bow my godly vertue.
Remember thy mercies,
& fill my heart with plenty
of thy grace, for thou wilt
not that thy works in me
should be made vaine.
How may I beare the
misery of this life, except
thy grace and mercy doe
comfort me?

Turn not thy face from
me, deferre not the visi-
ting of me, ne withdraw
not thy comfort, lest hap-
pily my soule be made as
dry earth, without the
water of grace.

Teach me Lord to fulfil thy will, to live meeke-
ly & worthily before thee,
for thou art all my wise-
dome

domie and cunning, thou art he that knowest mee as I am, ẏ knewest mee before the world was made, and before I was borne & brought into this life: To thée (O Lord) be honour, glory, and praise, for euer and euer.

Amen.

Laus Deo in æternum,

Amen.

A deuout prayer, *to be said daily.*

O Almightie and eternall GOD, which vouchsafest, that we as it were heauenly children, should

should euery one of vs call thee our heauenly Father: Grant that among vs by purenesse and example of innocent life, thy most holy name may be sanctified, that all other nations, beholding our goodnesse and vertuous deeds, that thou workest in vs, may bee stirred to hallow and glorifie thee. Grant (O Lord) that the kingdome of thy grace & mercy may raigne continually in our hearts, so that wee may bee worthy to be partakers of the realme of glorie and maiestie.

Graunt that vnto the very death, we refuse not

to

to follow thy blume will, and that we, according to the example of thy celestiall citizens, agreeing together quietly vnited in spirit, all controuersie in opinions laid apart, the lustes of the flesh being subdued, & the flattering affaults of the world, and the Diuel ouercome, ueuer wrastle against thy most holy will, but obey it in all things. Graunt (O Lord) for our bodie needfull sustenance, that wee may the more freely serue thee. Giue vs, we beseech thee, O merciful Father, that heauenly bread, the body of thy Son Iesu Christ,

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wel and valiant fight, that we may foreuermore liue with thee in that heauenly City, where and against thee, no maner temptation can preuail. Finally grant most merciful Father, ẏ wee, thorowthy benigne godnes, may be deliuered from al euils present & to come, both of body and soul, and that at the last, the yoak of the soule feend beeing shakē off, we may possesse the heritage of that heauenly kingdome, which thy Sonne, with his pretious blood, bought for vs his children, and there for euer to haue the fruition

of celestial delectations, accompanied with Angels and blessed Saints, through the help, benignity and grace of our Saviour Jesu Christ, to whom and to thee our Father, & to the holy Ghost, be glory and honour, now and euer. Amen.

Another Prayer.

O Heauenly Father, GOD Almightie, I pray and beseech thy mercy, benignelie to behold mee thy vnworthy seruant, that I may by gift of thy holy spirit be fer-

uently

uently desire thy King-
dome, that I may know
thy will, and worke there-
after. Giue me O Lord
wisdome: Make me con-
stant, patient and strong
in thee. Keepe me Lord
from the sleighty inuasi-
on of the old wily serpent.
Defend me from the
counsels & cursings of e-
uil tongues: let thy migh-
tie arme be my shield a-
gainst al the malignity of
this wicked world. Re-
member not O lord mine
offences: instruct, prepare
me to repent, to be sory for
my sins. Make me to loue
iustice, & hate wrong, to
do good, and abstain from

al enuie: that I may bee worthy to bee called thy childe. To thee be honour and glorie for euer and euer.

Amen.

A deuout Prayer.

LOrd harken to my wordes, consider the thought of mine heart. Behold how loude I cry vnto thee. Let my vile prayer enter into thine eares, which infamously commeth frō mine heart. Heare me Lord: for I am poore & destitute of mans helpe. Take care for my soule: Saue vnto thy seruant which wholy trust in thee. Haue mercy vpon me

(O Lord) for I will neuer cease crying to thee for help. For thou art mild & more merciful then any tong can expresse. As often as aduersity assaileth me, I will crie and call for help vnto thee: I will call vpo thee in the day time, and in the night my crie shall not be hid from thee. O thou God of the heauens, and maker of the waters, & Lord of al creatures, heare mee a poore sinner, calling vpon thee, & putting my whole trust in thy mercie, Haue mercy vpo me: for thy manifold mercies take away me mes all mine offences, Amen.

The Letanie.

O God the Father of heauen, haue mercy vpon vs, miserable sinners.

O God the Father of &c.

O God the Sonne redeemer of the world, haue mercy vpon vs miserable sinners.

O God the Sonne, &c.

O God the holy Ghost, proceeding from the Father and the Sonne, haue mercy vpon vs miserable sinners.

O God the holy ghost, &c.

O holy, blessed, and glorious Trinity, three persons,

sons, and one God, haue mercy vpon vs miserable sinners.

O holy, blessed, &c.

Remember not Lord our offences, nor the offences of our forefathers, neither take thou vengeance of our sins, spare vs good Lord, spare thy people, whom thou hast redeemed with thy most pretious blood, and be not angrie with vs for euer.

Spare vs good Lord.

From all euill & mischief, from sin, from the crafts and assau'ts of the diuell, from thy wrath, and from euerlasting damnation.

Good Lord deliuer vs.

From

From al vnkindnes of hart, from pride, vaine glorie, & hipocrisie, from enuie, hatred, and malice, and all vncharitablenesse.

Good Lord deliuer vs,

From all fornication, & al other deadly sin, & from all the deceits of ỳ world, the flesh and the Diuel.

Good Lord deliuer vs.

From lightning and tempest, from plague, pestilence and famine, from battell and murther, and from sodaine death.

Good Lord deliuer vs.

From all sedition, and priuy conspiracy, from al falle doctrine and heresie, from hardnes of hart, and con-

contempt of thy word, & commandement.

Good Lord deliuer vs.

By the mysterie of thy holy incarnation, by thy holy nativity and circumcision, by thy baptisme, fasting and temptation.

Good Lord deliuer vs.

By thine agony & bloody sweate, by thy crosse and passion, by thy precious death and burial, by thy glorious resurrection and ascention, & by the comming of the holy Ghost.

Good Lord deliuer vs.

In all time of our tribulation, in al time of our welth, in y houre of death & in the day of iudgemēt.

Good Lord deliuer vs.

We

We sinners do beseech thée to heare vs, O Lord God, & that it may please thée to rule and gouerne the holy Church vniuersally, in the right way.

We beseech thee to heare vs good Lord.

That it may please thée to keepe & strengthen in the true worshipping of thée, in righteousnes and holynesse of life, thy seruant I A M E S our most gracious King and gouernor.

We beseech thee, &c.

That it may please thée to rule his heart in thy faith, feare, & loue, & that he may alwaies haue affiance in thée, & euer seeke thy

thy honr and glory.

We beseech thee, &c.

That it may please thee to be his defender & keeper, giuing him ỹ victory ouer al his enemies.

We beseech thee, &c.

That it may please thee to illuminate al Bishops, pastors & Ministers of the church, ỹ true knowledge & vnderstanding of thy word, & that both by their preaching and liuing, they may set it forth and shew it accordingly.

We beseech thee, &c.

That it may please thee to endue the Lords of the counsaile, and al the nobility, with grace, wisedome,

dome, & vnderstanding.
We beseech thee to, &c.

That it may please thee to bless & keep the Magistrates, giuing them grace to execute Iustice, and to maintaine trueth.
We beseech thee, &c.

That it may please thee to bless & keep all thy people
We beseech thee, &c.

That it may please thee to giue to al nations, vnity, peace and concord.
VVe beseech thee, &c.

That it may please thee to giue vs an heart, to loue & dread thee, & diligently to liue after thy commandements.
VVe beseech thee to &c.

That it may please thee

to

to giue to all thy people increase of grace, to heare meekly thy Word, and to receiue it with pure affection, & to bring forth the fruits of the spirit.

We beseech thee, &c.

That it may please thee to bring into the way of truth, all such as haue erred and are deceiued.

We beseech thee, &c.

That it may please thee to strengthen such as doe stand, and to comfort and helpe the weak hearted, & to raise them vp that fall, and finally to beat downe Satan vnder our feete.

We beseech thee, &c.

That it may please thee to

to succor, help, & comfort, all that be in danger, necessitie, and tribulation.

We beseech thee to, &c.

That it may please thée to preserue all that trauell by land or by water, al women labouring of child, al sicke persons, & yong children, & to shew thy pity vpon al prisoners & captiues

We beseech thee, &c.

That it may please thee to defend & prouide for the fatherles children, & widowes, and all that be desolate and oppressed.

We beseech thee, &c.

That it may please thée to haue mercy vpon all men.

We beseech thee &c.

That it may please thée to

to forgiue our enemies, persecuters & slanderers, and to turne their hearts.

VVe beseech thee to &c.

That it may please thee to giue & preserue to our vse, the kindly fruites of the earth, so as in due time we may enioy them.

VVe beseech thee to, &c.

That it may please thée to giue vs true repentáce. to forgiue vs all our sins negligences and ignorances, & to indue vs with the grace of thy holy spirit, to amend our liues according to thy holy word.

VVe beseech thee to, &c.

Sonne of God: wee beseech thee to heare vs.

Sonne of God: wee beseech thee

thee to heare vs.

O Lambe of God, that takest away the sinnes of the world.

Graunt vs thy peace.

O Lamb of God, that takest away the sinnes of the world.

Haue mercy vpon vs.

O Christ heare vs.

O Christ heare vs.

Lord haue mercy vpon vs.

Lord haue mercy vpon vs.

Christ haue mercy vpon vs.

Christ haue mercy vpon vs.

Lord haue mercy vpon vs.

Lord haue mercy vpon vs.

Our Father which, &c.

And leade vs not into temptation. But deliuer vs, &c.

O Lord deale not with vs after our sinnes.

Neither reward vs after our iniquities.

Let vs pray.

O God mercifull Father, that dispisest not the sighing of a contrite heart, nor the desires of such as be sorowfull, mercifully assist our prayers that we make before thee in al our troubles and adversities, whensoeuer they oppresse vs, and graciously heare vs, that those euils which the craft and subtilty of the deuill, or man worketh against vs, be brought to naught, and by the prouidence

dences of thy gospelle they may bee dispersed, that we thy seruants being hurt by no persecution, may euermore giue thanks vnto thee in thy holy Church through Jesu Christ our Lord.

O Lord arise, helpe vs, & deliuer vs for thy names sake

O God we haue heard with our eares, & our fathers haue declared vnto vs the noble workes ythou diddest in their dayes & in the old time before them.

O Lord arise, helpe vs, and deliuer vs for thine honour.

Glory be to the, &c.

As it was in the, &c.

From

From our enemies defend vs O Christ.

Graciously looke vpon our affliction.

Pitifully behold the sorrowes of our hearts.

Mercifully forgiue the sins of the people.

Fauorably with mercy heare our praters.

O Sonne of Daurd, haue mercie vpon vs.

Both now & euer vouchsafe to heare vs, O Christ.

Graciously heare vs, O Christ.

Graciously heare vs, O Lorde Christ.

The Versicle

O Lord, let thy mercy be shewed vpon vs.

Answere

As we do put our trust in thee.

Let